

### Home Practice following Class 3

1. Practice the *Body Scan* or *Mindful Yoga* for 30 minutes, five or more times before we meet again.
2. Do 20 minutes of the sitting meditation, *Awareness of Breath and Body* five or more times before we meet again. (use the audio for guidance)
3. Complete the Unpleasant Events Calendar. Bring this to Class 4.
4. During the week, be aware of moments of noticing “automatic pilot.” Under what circumstances are you most likely to do this?
5. If you like you can track your home practice using Home Practice Form in on the TSPMG Mindfulness webpage.