

Home Practice following Class 4

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*, five or more times before we meet again. (use the audio for guidance)
3. During the week, be aware of stress reactions, including physical sensations that accompany them, without trying to change them. Notice feeling stuck, blocking, avoiding, or shutting off from experience.
4. If you like you can track your home practice using Home Practice Form in on the TSPMG Mindfulness webpage.