

Home Practice following Class 7

1. Choose any of the practices you've learned and practice for 40 minute without guidance five times or more times before we meet again.
2. Bring mindfulness to your daily life. When you wake, take a few moments to be with your body sensations and your breathing. Do this before bed as well. Throughout the day, set the intention to be aware of your environment, noticing where you are and what you're doing, and remembering to tune in to your inner environment of body sensations, thoughts, and emotions. Take time to consciously breathe.
3. If you like you can track your home practice using Home Practice Form in on the TSPMG Mindfulness webpage.