

Home Practice following Class I (weeks 3 and 4)

1. Practice the *Body Scan* five times before we meet again. (use the audio for guidance)
2. Do 15 minutes of sitting meditation, Awareness of Breath, 3 or more times. (use the audio for guidance)
3. Complete the Unpleasant Event Calendar. Bring this to Class 2.
4. Choose one routine activity in your daily life and make a deliberate effort to bring *moment-to-moment awareness* to that activity each time you do it, just as you did it during the raisin exercise. Simply zero in on *knowing what you are doing as you are actually doing it*.
5. Eat at least one meal mindfully each day.
6. If you like you can track your home practice using Home Practice Form in on the TSPMG Mindfulness webpage.

In Class 2 we will be using yoga mats. If you have one, please bring it to class. If you use a cushion for meditation please bring that as well.