

HOME PRACTICE FOLLOWING CLASS ONE

1. Practice the longer (40 or 45 min) *Body Scan* five times before we meet again. Use the guided recordings on our website for guidance.
2. Bring mindful attention to one meal or part of a meal each day – paying attention to sight, smell, hearing, taste, touch, and thoughts.
3. 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*.
4. Practice *Chair Yoga* at least two times before we meet again. Use the videos on our website for guidance.
5. Track your home practice using Home Practice Form on the TSPMG Mindfulness webpage.