
HOME PRACTICE FOLLOWING CLASS ONE

1. Eat at least one meal mindfully every day, paying attention to all of your senses.
2. Choose one routine activity in your daily life and make a deliberate effort to be fully present during this activity each time you do them. As you bring moment-to moment awareness to these activities, simply focus on experiencing what you are doing as you are actually doing it. Make sure to choose activities that are simple that you do most days like brushing your teeth, taking a shower, getting dressed etc.
3. Complete the Home Practice Record form for each activity above. Include observations/thoughts about your experiences and bring this form to class two.
4. All instructions, forms, and guided meditations can be found on our website: <http://tspmg.com/pain/>