

## Home Practice following Class Two

1. Practice 5x per week for 45 minutes until we meet again **using the guided meditations on our website.**
2. Each day, practice **30 min of sitting meditation.** You may choose from the following meditations: awareness of breath and body meditation OR awareness of breath and body/working with intense physical sensations meditation.
3. Practice **15 minutes of mindful movement** like walking meditation or yoga. Notice if there is judging, and practice letting go of comparing, judging, and fixed ideas.
4. Continue to notice pleasant events, unpleasant events, and how stress manifests for you, paying particular attention to thoughts, feelings, and sensations in the body. It might be helpful to keep a journal of what you notice.
5. 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. Possibilities include waking up in the morning, bathing, brushing your teeth, driving, taking out the trash, and so on. Simply zero in on *paying attention to what you are doing as you are actually doing it.*
6. Eat at least one meal mindfully each day, in the way that you ate the raisin.
7. If you like you can track your home practice using Home Practice Form in on the TSPMG Mindfulness webpage.