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## HOME PRACTICE FOLLOWING CLASS FIVE

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1. Practice Breath, Body, and working with Intense Sensations six times before our next class using the guided meditation on this website. Continue to practice noticing and letting go of any expectations you might bring to this practice. You might experiment with using soothing touch when intense sensations arise. We will be discussing this in our next class.
2. Practice the Soles of the Feet meditation at least two times before our next class.
3. Choose a different routine activity and bring mindful attention to it daily. Practice bringing Beginner's Mind to these every-day activities.
4. Continue to practice mindful eating.
5. Complete the Home Practice Record form for each activity above. Include observations/thoughts about your experiences and bring this form to class two.
6. All instructions, forms, and guided meditations can be found on our website: <http://tspmg.com/pain/>