
HOME PRACTICE FOLLOWING CLASS THREE

1. Practice Meditation for the Mind/Body in Pain 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. We will be discussing this in our next class.
2. Practice gentle mindful movement at least two times before our next class. You may attend a class or use the chair yoga videos on our website. Remember, this exercise is one of self-care, so do only as much as is comfortable for you, listening to your body. If judgment arises, practice noticing and letting go as best you can.
3. Choose a different routine activity and bring mindful attention to it daily. You might try eating at least one meal mindfully each day. Bring awareness to the moment-to-moment experience of the activity including sights, smells, tastes, sensations of touch, and sounds.
4. Complete the Awareness of Unpleasant Events Calendar every day and bring it with you to next week's class. We will be discussing this in class.
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/>