

## READING

Each day, randomly open to a page—one page—and let your heart and mind open to what the universe presents to you. It's quite fun! An auspicious time is right before going to sleep but a more realistic time, for some of you, may be to use it as your bathroom reading.

- Beginners Guide to Meditation
- Beginner's Guide to Mindfulness

## PRANAYAMA

Three Part Breath:

- Watch the video. Search using either or both: Tutorials and Breath
- Outline the Technique in your Notebook.

## MEDITATION

- Do three - five minutes of Three Part Breath as your meditation practice this week.
- Note in your meditation journal what sensations you experience in your body before, during and after. In other words, what sensations are you noticing that allows you to know you are filling the belly, chest, and upper lungs?

## SADHANA

- Find your meditation spot.
- Find/choose a time of day that will most regularly work for you to meditate for ten minutes.
- Your technique for the week is: Three Part Breath

## THIS WEEK YOU'LL NEED

- The Books listed above.
- Two notebook/journals:
  - One for your personal reflections.
  - One for Class Notes, Handouts etc...
- To register for the Online Program so you can begin watching the tutorial for this week,