

READING

Beginners Guide to Meditation: Introduction, Chapters 1 & 3

Mindfulness in Plain English: Preface, Chapters 1, 2, 4 & 6

TECHNIQUES

Your techniques to study this week are:

- Resurrection Breath
- Three Part Breath

PRANAYAMA

Resurrection Breath:

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

Three Part Breath:

- Watch the video. Search using either or both: Tutorials and Breath
- Outline the Technique in your Notebook. Find the flow, the wave, the one from three.
- 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?

Outline each Technique in your Notebook.