

So a slight change in plans.... 🤔

This week's homework is to read the chapters in **Mindfulness in Plain English** that I erroneously assigned you from **4 Foundation of Mindfulness in Plain English...** 😬 and hopefully all will fit together a little better and make more sense.

READING

Mindfulness in Plain English: Chapters 1, 2, 4, 6, 10, 13

Beginners Guide to Meditation: Chapters 1, 3, 4, 6

The Self-Acceptance Project: Open to a random selection—just one each week—and let your heart and mind open to what the universe presents to you.

Mindfulness for Beginners: Open to a random selection—just one each week—and let your heart and mind open to what the universe presents to you.

TECHNIQUES

Be familiar and comfortable with the following pranayamas. For next Sunday, be prepared to practice describing what you experience as you do each of these techniques

- **Breath to Soften and Release:**
- Three Part Breath
- Resurrection Breath

TEACHINGS TO WATCH—or listen to—ONLINE:

Nothing this week.