

## READING

**The Self-Acceptance Project:** Open to a random selection—at least once—and let your heart and mind open to what the universe presents to you.

**Mindfulness for Beginners:**

PART IV RIPENING,

PART V PRACTICING

## TECHNIQUES

Learn the Invocation. Practice saying it on your own. It's okay to adapt it.

Be familiar and comfortable with the following pranayamas. 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

Choose and learn the Closing Blessing of your choice.

## TEACHINGS TO WATCH/LISTEN/DO—ONLINE: BODY SCAN

**Body Scan Meditation** Caren Prentice

Hamsa Online Program: Stress Reduction > 10-20 min > Meditations 15:49 min

[https://www.hamsameditation.com/subscription\\_content/body-scan-meditation/](https://www.hamsameditation.com/subscription_content/body-scan-meditation/)

**Body Scan with Gratitude** Claire Villarreal

<https://www.youtube.com/watch?v=JlqCnEuJD38> 9:01 min

**Body Scan Meditation** Jon Kabat-Zinn

[https://www.youtube.com/watch?v=\\_DTmGtznab4](https://www.youtube.com/watch?v=_DTmGtznab4) 29:02

Choose which one you prefer and be prepared to let us know why.