

## 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:** Open to a random selection—at least once—and let your heart and mind open to what the universe presents to you.

## TECHNIQUES

### **Body Scan:**

Outline all three meditations from last week in a way that communicates the main **sequence and wording** that is important to you. Find the “key” words or phrases that resonate with you.

Find the “Body Scan” sequence that works for you to do on your own.

Be prepared to share what you do when you do a Body Scan.

**Hong-Sau:** Releasing control.

**Ujjayi Breath:** Conscious control.

## TEACHINGS TO WATCH/LISTEN/DO

### **Hong-Sau Level 1**

Hamsa Online Program: Breath > 5-10 min > Tutorials *4:47min*

### **Hong-Sau Level 2**

Hamsa Online Program: Breath > 10-20 min > Tutorials *11:20 min*

### **Meditation Using Hong-Sau**

Hamsa Online Program: Meditative Well Being > 5-10 min > Meditations *11:20 min*

### **Ujjaya Breath**

Hamsa Online Program: Breath > Under 5 min > Tutorials *4:32*