



SADHANA FOR THE WEEK

First and foremost be kind, gentle, and understanding, with yourself.

Second, intentionally choose the thought, “Yes! I *get to* meditate. What a treat!”

DAILY MEDITATION ROUTINE

- 1 Sit. Find your Seat.
Narrate, silently to yourself, what you're doing. Keep meditative awareness.
- 2 Invocation.
- 3 Resurrection Breath
- 4 Do 3 Three Part Breaths.
Narrate, silently to yourself, what you're sensing. Keep meditative awareness.
- 5 Breath to Soften & Release till area softens or 3 minutes max.
Narrate, silently to yourself, what you're sensing. Keep meditative awareness.
- 6 Rest and enjoy aftereffect.
- 7 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/

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 29:02

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