

## READING

The only reading for this week is to go through your notes and practice putting the concepts into your own words.... As best you can.

## TECHNIQUES

**Body Scan:** *(If you haven't yet done this, be sure to memorize a progression for a short and long version of what works for you.)*

Memorize two body scan progressions.

- 5 - 10 minutes
- 15-20 minutes

## RECORD

Record yourself naming the progression sequences for the two versions of the **Tension and Release Techniques** in the handout for this week.

Practice doing each of the sequences—there is one by Swami J and two variations of the technique from Paramahansa Yogananda—to find the one that works best for you. Memorize the one you like best.