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:
Memorize two body scan progressions.

- 5 - 10 minutes
- 15-20 minutes

Hong-Sau: Releasing control.

Ujjayi Breath: Conscious control.

TEACHINGS TO OUTLINE

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*

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

BODY SCAN

- Do a Body Scan FIVE times this week.
- Have at least one be 20 minutes or longer.