

## READING

**When Things Fall Apart** by Pema Chodron

## 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.)*

Continue to memorize the body scan progressions that work best for you so it becomes easy and intuitive.

- 5 - 10 minutes
- 15-20 minutes

**Tension Release** memorize the progression / method that you enjoy