

READING

Beginners Guide to Meditation:

Chapter 4: The Practical Value of Meditation

Mindfulness in Plain English:

Chapter 3: What Meditation Is

Chapter 4: Attitude

TECHNIQUE: Hong-Sau

Your techniques to study this week are:

Hong-Sau

- Watch both tutorials on Hong-Sau:
 - Hong-Sau Level 1
 - Hong-Sau Level 2