

## READING

None this week.

## TUTORIALS:

Watch the tutorials for Sipping Breath and EEE Mantra.

## TECHNIQUE:

Play with discovering:

- The difference between effort and effortless.
- The difference between meditation and concentration.
- Meditation as the after-effect of Pranayama, Hong-Sau or any technique.

Make some notes below, or in your journal, answering the following questions. Send me a picture of your answers via text or email.

What are the sensations I experience after releasing:  
3 Part Breath?

Relaxation Breath?

Counting Breath?

Sipping Breath?

EEE Mantra?

How long can I sustain the sensations of the aftereffect after pranayama?

How long can I sustain the sensations of the aftereffect after Hong-Sau?

How long can I sustain awareness of my practice once I get up?

Or

How far can I get before I lose awareness of the effects of my practice once I get up?