

## READING

### Beginners Guide to Meditation:

Introduction

Chapters 1 & 2: Read for the stories and choose one that resonates with you.

Chapter 3: What Meditation Is and Is Not

### Mindfulness in Plain English:

Preface

Chapter 2: What Meditation Isn't

## TECHNIQUE: Pranayama

### Your techniques to study this week are:

Resurrection Breath

Three Part Breath

Counting Breath

### Resurrection Breath and Counting Breath:

- Search using the keyword: *Resurrection Breath* / Tutorials
- Search using the keyword: *Counting Breath* / Tutorials
- Watch the video.
- Outline the Technique in your Notebook.
- Note in your meditation journal what sensations you experience in your body during and after the technique.

### Three Part Breath:

- Search using the keyword: *Three Part Breath* and Tutorials
- Watch the video.
- Practice by being distinctly aware of each part of the breath.  
Practice letting the breath be one continuous flow.
- Outline the Technique in your Notebook.
- Note in your meditation journal what sensations you experience in your body that allow you to know you are filling/emptying the belly, chest, and upper lungs?
- Once the breath begins to feel easy and natural, add the releasing of the tongue, opening at the back of the throat, softening the soft palette.
- **TEXT OR EMAIL ME A SHORT VIDEO OF YOU DOING THREE PART BREATH:  
503 816.5431 [caren@meditationmomma.com](mailto:caren@meditationmomma.com)**