

## READING

Browse through one of the Beginning Meditation texts and read a short passage with the intent to immerse yourself in the world of meditation.

## TUTORIALS:

Watch the tutorial for Alternate Nostril Breathing.

## TO-DOs

- Be sure you have texted me a pic:
  - The homework from Week 4 with notes on the sensations you experience after various pranayamas etc.. I've included again below.
  - Your Meditation Log
  - Your Reflections after the Mindful Drink exercise.

## TECHNIQUE:

Play with discovering:

- The difference between effort and effortless.
- The difference between meditation/pranayama 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?