

## READING

Self-Acceptance Project: Chapter 9

## TUTORIALS:

Review Pranayama and Hong-Sau tutorials as needed.

Here are the Pranayamas we have covered so far:

- Resurrection Breath
- Three Part Breath
- Three Part Relaxation Breath
- Counting Breath
- Ujjaya Breath
- Alternate Nostril Breathing
- Sipping Breath
- EEE Mantra

## TO-DOs

- Be sure you have texted me a pic:
  - Your Meditation Log

## TECHNIQUE: THE BODY SCAN

Try to do at least one of these this week, preferably all three. Choose which one you prefer and be prepared to let us know why.

### **Body Scan Meditation** Caren Prentice

Hamsa Online Program: Stress Reduction > 10-20 min > Meditations 15:49 min  
[https://www.hamsameditation.com/subscription\\_content/body-scan-meditation/](https://www.hamsameditation.com/subscription_content/body-scan-meditation/)

### **Body Scan with Gratitude** Claire Villarreal

<https://www.youtube.com/watch?v=JlqCnEuJD38> 9:01 min

### **Body Scan Meditation** Jon Kabat-Zinn

[https://www.youtube.com/watch?v=\\_DTmGtznab4](https://www.youtube.com/watch?v=_DTmGtznab4) 29:02