

## READING

Self-Acceptance Project: Chapter 9

## TUTORIALS:

Review Pranayama and Hong-Sau tutorials 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

## TECHNIQUES: THE BODY SCAN & TENSION RELEASE

1. Experiment with different Body Scans—you can use the ones below or find some on YouTube or insight Timer.

Decide which patterning for moving through the body is most natural for you to follow on your own and then memorize it. Be prepared to share your patterning with us next class.

### **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

2. If you prefer the Tension and Release Technique, memorize one of the paterningings that are in your handout from this week. Be prepared to share it with us next week.