

READING

Beginner's Guide to Meditation pgs 10-12

Mindfulness for Beginners pgs 33-46

TUTORIALS:

The Neti Technique *6 mins*

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

PREPARE FOR YOUR 1:1

- Write down any questions you have for me.
- Have your journal, notes and meditation log with you.
- The purpose of the 1:1 is simply to see:
 - how you're doing
 - for me to get a sense of how I can best support you and make sure the program is serving your needs and interests.

FINISH MEMORIZING YOUR BODY SCAN OR TENSION & RELEASE PROGRESSION.