

This week, your main main practice for working with your thoughts is to observe your mind both in formal practice and informal practice—during your day—and label your thoughts using;

**Unpleasant. Pleasant. Neutral.**

### **MEDITATION ROUTINE 6-15 minutes**

*Doing just one of each pranayama, with time to enjoy after each, and 3 minutes of Haong-Sau will take 6 minutes or less. If you have more time, increase the number of repetitions or length of time you do each step. See if you can do this routine everyday this week.*

1. 3-Part Relaxation Breath, Find your seat.
2. Opening Invocation/Blessing that is meaningful to you.
3. Sipping Breath 1-3
4. EEE Mantra 1-3
5. Counting Breath. 1-3 or 1 minute
6. Ujjaya Breath 1-3 or 1-3 minutes
7. Alternate Nostril Breathing 1-3 rounds
8. Hong-Sau 3-10 minutes
9. Inhale Joy. Exhale Contentment
10. Closing Blessing

### **MEDITATION LOG**

- Track what you do in your meditation log.