

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

Unpleasant. Pleasant. Neutral.

MEDITATION FOCUS FOR THIS WEEK

Your main focus this week is the Body Scan. Practice as many variations as you are able as often as you are able. If you find yourself short for time, consider doing the body scan before bed, while still in bed after waking up, or as a nap.

(Optional this week) **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. Repeat your affirmation in your heart 3x
11. Closing Blessing

MEDITATION LOG

- Track what you do in your meditation log.