

## Homework After Class #2

1. Practice the Body Scan meditation using the recording on the Class Assignments page. Try to do this practice six out of seven days per week. Try to just do what the guided recording says. Stay with your experience, whatever it is!
2. Practice sitting meditation with AOB (Awareness of Breathing) 10 minutes each day. Do this on your own, using seating and posture discussed in class. (Alert, dignified seat; setting intention to stay with breath; returning to breath as main focus; receiving whatever arises, and beginning again with breath)
3. Fill out the Pleasant Events Log each day between now and the next class. Bring this log to class #3.
4. Choose one activity in your daily life that you can do with full awareness each time you do it....showering, doing dishes, taking out the garbage, feeding a pet, etc.

### Homework Notes: