

Homework After Class #3

1. Each day practice either the **Body Scan** meditation or the **Standing Yoga** meditation. Try for three Body Scans and three Standing Yogas (six practices) between now and next class.
2. Practice sitting meditation with **Awareness of Breath (AOB)** 10 minutes each day. You may want to do this before or after your Body Scan /Yoga. If not, find a time in your day that works for you to sit with Awareness of Breath.
3. Fill out the **Unpleasant Events Log** each day between now and next week's class.
4. **Informal practice:** As often as you can during each day **shift your attention** bringing awareness to the **breath**, as a way to fully experience yourself in the present moment.
5. **Notice when you are on “autopilot”.** Is there a pattern as to when and how does this occurs?

Homework Notes: