

Homework After Class #4

1. On alternate days practice the Body Scan meditation and Floor Yoga. All of these practices are accessible by clicking on them in this week's online materials. Try for six practices (3 bodyscans and 3 Floor Yogas) between now and next class.
2. Practice sitting meditation with awareness of breathing, sensations and body as a whole 10-15 minutes each day. Notice how your attention shifts from body sensation to thinking, and back again. Use awareness of breath as a home base. "... *begin again*..."
3. Be aware of your unique stress reactions during the week, without trying to change them.
4. Notice and stay with the sensations of feeling stuck just as they present themselves, without trying to change anything. Become familiar with your "I'm stuck!" or "Now what?" feeling. It is an important road sign as you navigate difficult situations.
5. Be aware of blocking, numbing or "shutting off" your immediate experience this week.

Homework Notes: