

## Homework After Class #5

1. Begin practicing with the **sitting meditation recording**. Alternate with either the **Floor Yoga Meditation** recording OR the **Standing Yoga recording** OR the **BodyScan recording**

**Note:** The sitting meditation recording has lots of “silence” with intermittent verbal instruction. This is to allow you to practice more independently with only occasional verbal guidance.

Try for six practices each week, between now and next class.  
(Example: Sit, Bodyscan, Sit, Floor Yoga, Sit, StandingYoga, Sit, Bodyscan).

2. Difficult Communications Log. Notice and take notes, just as you did with the Pleasant and Unpleasant Experience Logs.
3. Be aware of moments of reaction during meditation and in daily life. How can you respond skillfully? Creatively? The breath is ALWAYS THERE to bring you back to home base, in your body, in this moment.

**Homework Notes:**