

Homework After Class #7

1. Reflect upon sources of wisdom and personal inspiration from within this class and in your life as a whole. What has moved you to laugh, cry, feel courage or motivation in your practice? Maybe it is a person, a pet, a book, a poem, a work of art, an inspiring place or powerful idea. Come to class prepared to share with others.
2. Practice sitting meditation, body scan and yoga, *without recordings*. Make your own schedule. Experiment with a loving kindness meditation or two during the week.
3. Practice basic good health with attention to your “inner life” (attitudes of non-judgment, compassion toward self and others, mindful breathing) and your “outer life”, (work/home schedule, food intake, exercise, SLEEP!)
4. Remember the MBSR website, geriwilimekmbsr.com has a pass coded section just for people who have taken the course. I'll have various regular class materials and recorded guided meditations available in this section of the site. The password is: *stay mindful*
5. If you stay subscribed to the website, you will be notified of future all day silent retreats, and upcoming MBSR and related classes. I am developing shorter courses for MBSR graduates to support ongoing practice.

Homework Notes: