

Homework After Class #1

1. Practice the Body Scan meditation by listening to either BodyScan recording on the Class Assignment page of the website www.geriwilimekmbsr.com. You will need the password, **exhale** to enter the page. Try to get 5-6 Body Scan practice sessions in before class next week. Approach this as a simple exercise without expecting anything. Just listen to the instructions and do them. No big deal!
2. Do the 9-Dot exercise and bring it to class next week.
3. Read the Upstream/Downstream Fable. Reflect.
4. Eat one meal mindfully. Remember the raisin!
5. Go to home page of this site, and in the right hand menu, Click *subscribe*. This will put you in touch with new class-related posts from me.

Homework Notes:

On Monday evenings before class you can download Tuesday's materials. If you prefer not to print them out, you can just read them online.