

Home Practice following Class 5

1. Alternate a sitting meditation practice with either the *Body Scan* or *Mindful Yoga* five or more times before we meet again.
2. Complete the *Awareness of Difficult Communications Calendar* and bring it with you to class 6.
3. During the week, bring awareness to moments of reactivity, exploring them and if possible, using the breath to slow things down before responding. If not, then simply noticing being caught in the reactive moment and seeing if it is possible to offer a mindful response.
4. If you like you can track your home practice using Home Practice Form in on the TSPMG Mindfulness webpage.