

Home Practice following Class 6

1. Alternate a sitting meditation practice with either the *Body Scan* or *Mindful Yoga* five or more times before we meet again.
2. Bring awareness to how you take care of the body/mind – food, sleep, and what you choose to listen to through radio, TV, the internet, movies, reading materials, etc.
3. Bring awareness to moments of being with other people and how you are relating to them. Is it possible to extend kindness towards people you know people you don't know, and yourself?
4. If you like you can track your home practice using Home Practice Form in on the TSPMG Mindfulness webpage.