

Home Practice following Class One

1. Practice 45 minutes, 5x per week **using the guided meditation recordings on our website.**
2. Week one, practice the **Body Scan** at least five times (using the audio for guidance). Try not to expect to feel anything in particular during this experience. In fact, it can be helpful to practice giving up all expectations during this time. Instead, just allow your experience to be your experience.
3. After week one, add in 15 minutes of sitting meditation, using the **Awareness of Breath** recordings for guidance.
4. In week one, complete the Pleasant Events Calendar, particularly noting body sensations that accompany pleasant thoughts and feelings. In the succeeding weeks, make time to continue to notice pleasant events as they arise.
5. In week two, complete the Unpleasant Event Calendar. Bring this to our next class.
6. Choose one routine activity in your daily life and make a deliberate effort to bring *moment-to-moment awareness* to that activity each time you do it, just as you did it during the raisin exercise. Simply zero in on *experiencing what you are doing as you are actually doing it.*
7. Eat at least one meal mindfully each day.
8. If you like you can track your home practice using Home Practice Form in on the TSPMG Mindfulness webpage.