

HOME PRACTICE FOLLOWING CLASS TWO

1. Practice a shorter (20 or 25 min) *Body Scan* five times before we meet again. Use the recorded meditations on our website for guidance.
2. Practice 15 minutes of *Awareness of Breath* while sitting, 3 or more times before we meet again. Use the recorded meditations on our website for guidance.
3. Complete the Pleasant Events Calendar which can be found on our website. Bring this to class three.
4. Choose a different 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. Simply zero in on *knowing what you are doing as you are actually doing it.*
5. Continue to mindfully bring attention to one meal or part of one meal each day.
6. Track your home practice using Home Practice Form in on the TSPMG Mindfulness webpage.