

## HOME PRACTICE FOLLOWING CLASS THREE

1. Practice the shorter *Body Scan* or *Mindful Yoga* for 30 minutes, five or more times before we meet again. Use the recorded meditations on our website for guidance for the Body Scan.
2. Do 15 minutes of sitting *Awareness of Breath meditation* five or more times before we meet again. Use the recorded meditations on our website for guidance.
3. Complete the Unpleasant Events Calendar which can be found on our website. Bring this to Class 4.
4. Continue to bring intentional awareness to Pleasant Events as they occur, noticing thoughts, emotions, and body sensations.
5. During the week, be aware of moments of noticing “automatic pilot.” Under what circumstances are you most likely to do this.
6. 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.*
7. Continue to mindfully bring attention to one meal or part of one meal each day.
8. Track your home practice using Home Practice Form in on the TSPMG Mindfulness webpage.