

## HOME PRACTICE FOLLOWING CLASS SIX

1. Do 30 minutes of practice seated or lying down five times between our next class. You can do any of the meditations we have learned – Body Scan, Awareness of Breath, Awareness of Breath, Body, Intense Sensations, Loving Kindness for self, benefactor, neutral person). If you are doing Loving Kindness, stick with the categories you've been taught. Use the recordings and Loving Kindness handout on our website for guidance.
2. Practice 15 minutes of mindful movement five times before our next class (yoga, soles of the feet, walking meditation).
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 and people you don't know? Yourself?
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.