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## HOME PRACTICE FOLLOWING CLASS FOUR

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1. Practice Affectionate Breathing six times six times before our next class using the guided meditation on this website. Continue to practice noticing and letting go of any expectations you might bring to this practice. We will be discussing this in our next class.
2. Practice gentle mindful movement at least two times before our next class. You may attend a class or use the chair yoga videos on our website. Remember, this exercise is one of self-care, so do only as much as is comfortable for you, listening to your body. If judgment arises, practice noticing and letting go as best you can.
3. Make a point to notice how stress manifests in your body. You might experiment with using some of the tools you've learned so far in these moments.
4. Choose a different routine activity and bring mindful attention to it daily. You might also try eating at least one meal mindfully each day. Practice bringing Beginner's Mind to these every-day activities.
5. Complete the Home Practice Record form for each activity above. Include observations/thoughts about your experiences and bring this form to class two.
6. All instructions, forms, and guided meditations can be found on our website: <http://tspmg.com/pain/>

