Class 2

**Meditation**: 10 minutes for level 1 or 20 minutes for level 2: but if you can't manage 20 minutes at level 2, doing 10 minutes twice per day (or 5 minutes 4 times per day or any combination that will help you acheive 20 minutes per day)**Reading**: Chapter 2 'Mindfulness: What is It? ` (pages 23-30), Chapter 4 'Mindfulness Checking in On Your Progress' (pages 42-48). Pay special attention to 'Showering Mindfully ‘and Cleaning Mindfully' (pages 46-47)

*Level 2*: What did you notice more this time in your reading?

**Activity**: Choosing one activity that you regularly do in your daily life but considered mundane or routine, and do it mindfully. Writing down what it was and some thoughts about what it was like, and comparing with when you were on autopilot doing it? It can be taking a shower, brushing teeth, washing dishes, whatever else you choose.

Level 2: Trying tasks you normally avoid!

\*Make sure it is not cooking, eating or a food-related activity, as we will be doing something similar in a subsequent class. Bringing your observations to class next week.