Class 7 Home Practice Assignment

Daily Meditation

Including either the Loving Kindness for the Body-Mind in Pain Meditation 3 to 4 times in the week or the Body Scan Meditation at least 3 times in the week, if possible. If not possible, other meditations can be done

Reading

“Exercise”, “Yoga” and “Reclaiming Caring for Yourself: Your Physical Needs” (pages 114-115)

Activity

Thinking about your level of activity. Are you satisfied with how active you are?