

FORMAL PRACTICE: Practice at least six times this week, alternating **Sitting Meditation** (guided or unguided) with either the **Body Scan or Yoga** (Yoga 1 or Yoga 2). On the first day, though, try the Soften, Soothe, Allow Meditation. The [Soften, Soothe, Allow Meditation](#) is 15 minutes long, so on that day, you will have a shorter practice session (if you'd like a full 30 minutes, you can add silent meditation on your own that day). As before, don't expect anything in particular from these practices. Just let your experience be your experience.

...Date...

[illegible]