Practice Log – Week 3

FORMAL PRACTICE: Read the description of Mindful Yoga ***(this is very important, even for experienced yoga practitioners)***. Practice at least six times this week, alternating Mindful Yoga 1 with the Sitting Meditation. At least one of the days, do a Body Scan. As before, don't expect anything in particular from the practice. In fact, give up all expectations about it. Just let your experience be your experience.

Record on this form each time you practice. In the comment field, put just a few words to remind you of your impressions of that particular session: what came up, how it felt, what you noticed in terms of physical sensations, emotions, thoughts, etc. **It's important to write the comments immediately because it will be hard to reconstruct later.**

INFORMAL PRACTICE: At the end of the day before you go to bed, recall one specific unpleasant event and record it on the Unpleasant Events Calendar.

…Date…	Comments (include whether Body Scan, Yoga or Sitting)