

Practice Log - Week 4

FORMAL PRACTICE: Practice at least six times this week, alternating [Mindful Yoga 2](#) with the [Sitting Meditation](#). As before, don't expect anything in particular from doing these. In fact, give up all expectations about it. Just let your experience be your experience.

INFORMAL PRACTICE: Read the description of [STOP: One-Minute Breathing Space](#). Carry the [Informal Practice Log](#) with you during the day, and at least once during the day (waiting in line, just before getting in or out of your car...), practice using "STOP", and record it on the Informal Practice Log when you can.

NOTE: On the last day of your practice, instead of recording your informal practice of "STOP", please take the time to complete the [Midway Self-Assessment Worksheet](#) which was included with your practice sheets (see Week 4, under "Practice Sheets").

[illegible]