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# *Session 3 Becoming Present*

## Agenda

1. Welcome
2. Check in
3. Recap and Home Practice Review -
   1. Routine Tasks
   2. Unpleasant Events feedback
   3. Body Scan
4. Tips and Obstacles for Body Scan
5. Introducing Breathing
6. 5 minute breath spoken
7. Discuss
   1. Contrast with body scan
   2. Success and failure
   3. Judgements
8. 10 Minute Breathing – CD
9. **Break**
10. Simply seeing and Simply Hearing
11. Being vs Doing modes
12. Simply Seeing and Simply Hearing
13. Discussion
14. Home Practice and Handouts
    1. 5-10 Min Breathing Meditation with and/or without CD
    2. See or Hear – daily
    3. Do the 10 min (track 1) or 20 min (track 3) body scan on alternate days (20 min from http://www.integrativehealthpartners.org/downloads/20%20Min%20Body%20Scan.mp3)
15. Checkout