

# *Session 4*

# *Staying Present*

## Objective

To introduce tools to become more present to what is going on in mind, body and feelings

## Agenda

1. Welcome
2. 3 minute breathing space - spoken
3. Check in
4. 3 min breathing space – from 4 tracks
5. Recap and Home Practice Review
   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
6. Sitting with sounds and thoughts - spoken
7. Discussion
8. Sitting with sounds and thoughts - mp3 10 min
9. Break
10. The Guest House
11. Three min breathing space – from frantic world
12. Home Practice and Handouts
    1. 3 min breath three times daily at times that you have decided
    2. Breath and Body Track 6 from CD
    3. 5-10 minutes without CD
13. Checkout