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# Session 8

# Agenda

Materials – Lindor mixed

Rock collection

MP3 player and speakers with Mountain and Choc Meditation

1. 3 Step Breathing Space (read by Joe) - 10 min
2. Check in - 5 min
3. Home Practice Review - 10 min
   1. Alternate the loving kindness and dis-identification meditations, either on their own or as a lead in to your sitting meditation session.
   2. Meditate for at least 20 minutes or 2 x 10 minutes daily if possible.
4. Extended Loving Kindness - 30 min
   1. Intro
   2. Meditation (Joe)
   3. Discussion
5. Mountain Meditation - 30 min
   1. Intro
   2. Meditation (MP3)
   3. Discussion
6. **Break**
7. What next - 30 min
   1. Responses to questionnaires
   2. Next meetings – Rachel’s location
   3. Role of Website and mailing group
8. Home Practice
   1. What Joe and Rachel do
   2. Ideas for Daily Mindfulness
   3. Case example
9. Chocolate Meditation - 5 min
10. Check out

**Handouts**

**Ideas for Daily Mindfulness**

**Case Study**

**Notes**

Map and phone numbers