



## **MBSR Week Three**

### **Home Practice**

1. Using the recorded guidance available on your [Course Webpage](#), practice daily for 45 minutes, alternating between the body scan and lying down yoga. For example, practicing body scan on Tuesday, yoga on Wednesday, body scan on Thursday and so on.
2. Setting a timer, practice sitting meditation with awareness of breath daily for 15 to 20 minutes each day. Rest attention on the breath (or another focus of attention). When the mind wanders off, notice that, and come back.
3. Fill in the Unpleasant Experience Calendar with one entry per day starting tomorrow. Bring your calendar with you to class next week.