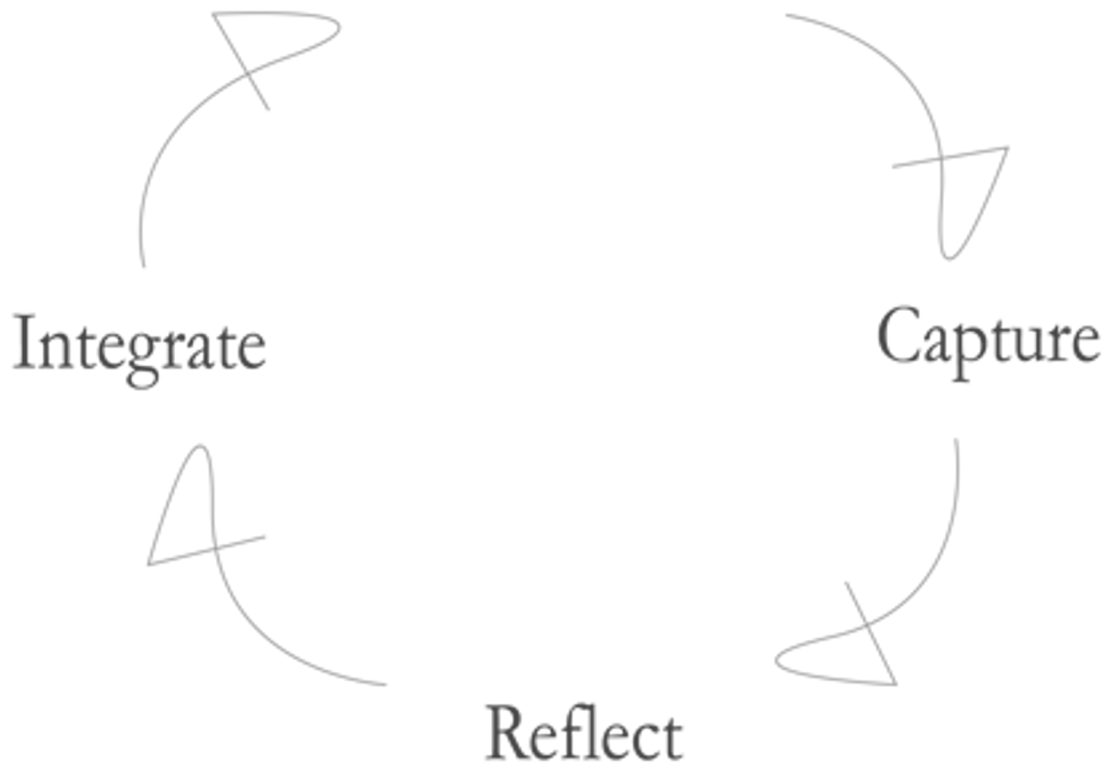
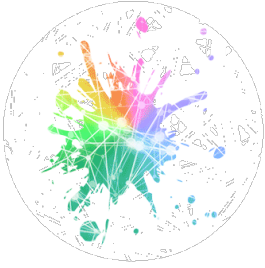


Experience





Experience Practicing Mindfulness of the Body

10 minutes or longer/day

Daily Instructions

1. **Experience** one of the body scan practices.
2. **Capture** what occurred during the practice. As yourself: *What's here now?* This is pure experience you're reporting, like in class. Maybe you want to draw a picture instead of use words.
3. **Reflect** – Introduce thought. Any surprises? Obstacles? Confusion? Where did you practice and at what time?
4. **Integrate** – What might you bring forward as a result of this practice? Anything to be on the lookout for? Did you learn anything?



Thursday, September 16

Capture

Reflect

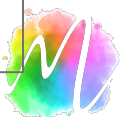
Integrate

Friday, September 17

Capture

Reflect

Integrate



Saturday, September 18

Capture

Reflect

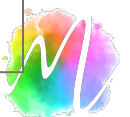
Integrate

Sunday, September 19

Capture

Reflect

Integrate



Monday, September 20

Capture

Reflect

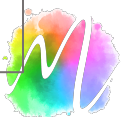
Integrate

Tuesday, September 21

Capture

Reflect

Integrate



Wednesday, September 22

Capture

Reflect

Integrate

Finally, name a few things/people/situations you are grateful for?

Describe something you're looking forward to?

Did you by chance notice or perform an act generosity or kindness? Maybe be on the lookout for them. We'll talk more about them next week.

