

mindfulness: practice record week 3

your name:


week starting:


Try to practise "Mindful movement" & "Breath & body" meditations, tracks 3 & 4 of the CD, once daily & "Breathing space", track 8, twice daily. See over the page for other third week practices.


day of the week	time of day	dur'n & cd or ncd	comments on the "Mindful movement", "Breath & body" & "Breathing space" meditations
1: first second third			
2: first second third			
3: first second third			
4: first second third			
5: first second third			
6: first second third			
7: first second third			

mindfulness: other practices week 3

Over the page, please keep a record of your daily "Mindful movement" & "Breath & body" practice and also your twice daily brief "Breathing space" meditation. If you have the time, you can add a "Body scan" practice at some other time in the day as well! There is also this week's "Habit releaser" practice "Valuing the television". Please:

 Read chapter 7 "Mindfulness week three: The mouse in the maze" (pages 111 to 133) and make notes on the companion "Reflection on reading: chapter 7" sheet.

 Try the recorded "Mindful movement" exercise (pages 118 to 125). If you want to, you can also experiment with other types of Mindful movement – for example, different yoga postures, Tai Chi exercises, and forms of stretching & strengthening. Remember the aim is to use these practices as moving meditations. Jot down notes about what you noticed and learned working in this way:

 Habit releaser – "Valuing the television" (page 132 to 133). Mark & Danny comment too "If you don't have (or regularly use) a TV, then carry out this habit releaser with the radio, or other form of entertainment that you may have come to take for granted". Note here how this experiment went:

