

## Home Practice Week 2:

1. Set intention for formal practice throughout the week-amount of days and time to practice. Alternate between Body Scan and Mindful Movement practice. Intention to focus on Interoceptive Awareness (sensing in).
2. Choose one mindful movement (power pose) to use throughout the day when extra energy or focus is needed.
3. Use your interoceptive awareness to “take a breath” during moments of stress, anxiety, overwhelm, or tension.
4. Practice 4 rounds of Box Breathing before formal meditation and during the day when you notice stress.
5. Set an intention to notice the foundational attitude of “balanced effort” throughout the week. Notice when it is being practiced skillfully and when not skillful.

