

**Week of 6/6/2021**

This is the final Moment of Pause of this course prior to our last virtual sessions next week. Thank you all for your presence - here in this work and in the work that you do on a daily basis as resident physicians. My wish for all of you is that you may trust yourselves and through that trust be present with experiences of joy, compassion and love in your lives.

Home Practice:

Whichever practice - either formal or integrated - that speaks to you and serves you in your day to day life. As a reminder: <https://www.fammed.wisc.edu/stream/>