

Welcome

How are you?

Movement Practice (Walking Meditation)

Sitting Practice (Breath Awareness Practice)

What did you notice in the practices today?

What practices (if any) might you carry forward with you from this mindfulness training course?

Closing Practice: Body Scan - coming full circle from the first practice we started with in Session 1

Closing Ceremony: one word or phrase of what you are noticing now at the close of this course
- body sensation, thought or emotion