

## Session 7

Welcome

Movement Practice (Tai Chi, walking meditation)

Sitting Practice (Dropping In & What am I sitting with right now?)

What did you notice?

Partner Work: Mindful Listening/Mindful Speaking

Each person sharing a moment of challenge in residency - minimally sharing the “story”, highlighting the body sensation/thoughts/emotions that arose from the challenging moment. The other person simply listening, generously, to the words spoken and how the words land in their own experience.

Large Group Debrief

Closing Practice: Introduction to Loving-Kindness Meditation & Practice

Home Practice:

Formal: Loving-Kindness Meditation (<https://www.fammed.wisc.edu/stream/guided-practices/>)

Integrated: Inviting a single breath before entering clinic or the hospital each day, and a single breath when leaving. Allowing a brief moment of presence at the end of the exhale.