

## Session 9

Welcome

How are you?

Movement Practice (Walking Meditation)

Sitting Practice (Loving-Kindness Meditation)

What did you notice in the practices today?

What have you noticed in your body during clinical encounters over this past month (if anything)? What might a Loving Kindness meditation have to do with clinical practice?

Closing Practice: Breath Awareness Practice

### Home Practice:

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

Integrated: Try talking with one or more of your patients about mindfulness. How do you frame what mindfulness “is”? In what contexts do you introduce mindfulness in a clinical setting? What questions come up for patients when you discuss mindfulness? Consider drawing from **your own felt experience** of mindfulness in these conversations.