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| **Mindful Yoga 2 or Qigong 2:** Write down your impressions after the session. day 1: Sitting Meditationday 2: Body Scanday 3: Sitting Meditationday 4: Body Scanday 5: Sitting Meditationday 6: Body Scanday 7: Sitting Meditation |
| **What’s not wrong?** Notice something that’s not wrong and register it here. day 1:day 2:day 3:day 4:day 5:day 6:day 7: |
| **STOP:** Stop, Take a breath, Open mindfully and Proceed. Write down your thoughts. day 1:day 2:day 3:day 4:day 5:day 6:day 7: |