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| **Mindful Yoga 2 or Qigong 2:** Write down your impressions after the session.  day 1: Sitting Meditation  day 2: Body Scan  day 3: Sitting Meditation  day 4: Body Scan  day 5: Sitting Meditation  day 6: Body Scan  day 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: |