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| **Mindful Yoga 1 or Qigong 1:** After practicing in motion, register your thoughts here.  day 1:  day 2:  day 3:  day 4:  day 5:  day 6:  day 7: |
| **Unpleasant experiences:** Write about an unpleasant experience that you noticed.  day 1:  day 2:  day 3:  day 4:  day 5:  day 6:  day 7: |
| **Awareness of Judgment:** Bring into your awareness a recent experience involving a negative judgment. What did you experience then, and/or are you observing that you’re experiencing now? (body sensations, feelings, thoughts). If you’re feeling tension, please take a moment, right now, to do some stretches - slowly, and with full attention to your body, to untie the inner knots that can form when paying attention to something unpleasant.  day 1:  day 2:  day 3:  day 4:  day 5:  day 6:  day 7: |