**Home Practice Week 1**

1. This is an invitation to do the **Body Scan** during the week, daily if possible. Don’t expect to feel anything in particular from listening to the guidance and doing the practice. In fact, give up all expectations about it. Just let your experience be your experience. No need to judge it, just keep doing it as best you can.

You can use this link to access the guidance to the Body Scan: [www.mbsr.co.uk/mp31.php](http://www.mbsr.co.uk/mp31.php)  - the link contains **15 or 35min Body Scans** depending on the time that you have. (There are other practices too, that we will come to later in the course).

Other options for guided practices:

<http://www.mindinsalford.org.uk/mindfulness/mindfulness-user-section/>

password: m1nddownloads@

<http://franticworld.com/free-meditations-from-mindfulness/>

Recognise times when you find yourself able to notice what you eat, in the same way that you noticed the raisin. And perhaps once during the week eating one whole meal mindfully, with awareness through your senses without distractions from others, TV or the phone!

Choose one routine activity in your daily life and make a deliberate effort to bring moment-to moment awareness to that activity each time you do it, just as we did in the raisin exercise. Possibilities include:

Stretching when you wake up

Brushing your teeth

Showering

Getting dressed

Driving, cycling, walking,

Making a cup of tea / coffee

Simply zone in on knowing what you are doing as you are actually doing it. Totally focussing on the ‘experience’ with all your senses.

**Do the above as best you can, without giving yourself a hard time about it! As best you can, bringing the qualities of patience, curiosity and friendliness to your practice of mindfulness.**