

## Practice Log - Week 3

**FORMAL PRACTICE:** Read the [description of Mindful Yoga](#) (*this is very important, even for experienced yoga practitioners*). Practice at least six times this week, alternating [Mindful Yoga 1](#) with the [Sitting Meditation](#) (e.g., three of each). At least one of the days, do a [Body Scan](#) (this means that your six practices for the week would be 3 yogas, 2 sitting meditations, and 1 body scan). As before, don't expect anything in particular from the practice. In fact, give up all expectations about it. Just let your experience be your experience. **NOTE: One of your six formal practices can be one of the live group meditations listed in the [Online Meditation page](#).**

Record each time you practice. In the comment field, put just a few words to remind you of your impressions of that particular session: what came up, how it felt, etc. *Once you have done at least six days of practice and feel that you've gotten the essence of this "Week", you may go to the next week.*

**INFORMAL PRACTICE:** At the end of the day before you go to bed, recall one specific unpleasant event and record it on the [Unpleasant Events Calendar](#). The unpleasant event doesn't have to be major. It could be, for instance, impatience waiting in line or being mildly annoyed by some minor event.

**NOTE: If, at the end of the day, you honestly can't find an even minor annoyance or discomfort, you can take this time to celebrate that fact. We often don't take time to experience gratitude, so this could be an opportunity to do that. On the informal practice, sheet answer the questions with your current feeling in mind.**

...Date...

Comments (include whether Body Scan, Yoga or Sitting)

<i>7th day &amp; beyond is optional</i>	