

Practice Log - Week 4

FORMAL PRACTICE: Practice at least six times this week, alternating [Mindful Yoga 2](#) with the [Sitting Meditation](#). As before, don't expect anything in particular from doing these. In fact, give up all expectations about it. Just let your experience be your experience. *As with all the weeks, one of your six formal practices can be one of the live group meditations listed in the [Online Meditation page](#).* 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, although you can stay here longer if that feels right.

INFORMAL PRACTICE: Read the description of [STOP: One-Minute Breathing Space](#). Carry the [Informal Practice Log](#) with you during the day, and at least once during the day (waiting in line, just before getting in or out of your car...), practice using "STOP", and record it on the Informal Practice Log when you can.

NOTE: On the last day of your practice, instead of recording your informal practice of "STOP", please take the time to complete the [Midway Self-Assessment Worksheet](#) which was included with your practice sheets (see Week 4, under "Practice Sheets").

...Date...

Formal Practice Comments (Yoga or Sitting)

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