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**Practice Log – Week 3**

**FORMAL PRACTICE:** Read the [description of Mindful Yoga](http://palousemindfulness.com/docs/yoga.pdf) ***(this is very important, even for experienced yoga practitioners)***. Practice at least six times this week, alternating [Mindful Yoga 1](http://palousemindfulness.com/meditations/yoga1.html) with the [Sitting Meditation](http://palousemindfulness.com/meditations/sittingmeditation.html) (e.g., three of each). At least one of the days, do a [Body Scan](http://palousemindfulness.com/meditations/bodyscan.html) (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***](https://palousemindfulness.com/online-meetings.html)***.***

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](http://palousemindfulness.com/practice/week3-informal.pdf)**.** 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)

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| *7th day & beyond is optional* |  |