

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.

Record on this form 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, what you noticed in terms of physical sensations, emotions, thoughts, etc. It's important to write the comments immediately because it will be hard to reconstruct later.

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.

...Date...	Formal Practice Comments (Yoga or Sitting)