

BALANCE IT OUT



With mindfulness & compassion practices

**Suggestions of the week:
a formal and an informal practice per day**

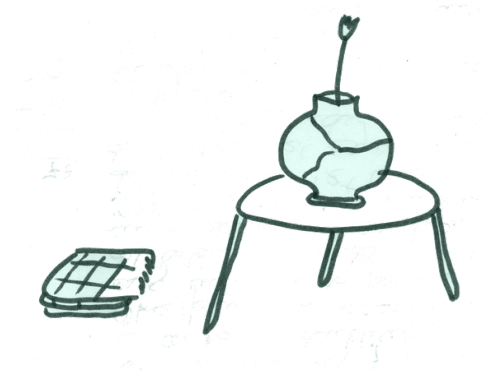


WEEK 1 INTENTION

**Find a place and a time of the day for
your formal meditation**

**What do you need to create the
perfect meditation place at home?**

- Plan it
- Write a list
- Try that it happens!



Formal meditation:

- Audio Mindfulness meditation on the intention - 9 minutes
- Re-play Video Mindful Movement on a chair - 30 minutes

Informal practice along the day:

- Bring your awareness on your body some times a day while you are sitting and working on the computer. How is your body, how do you sense or perceive different parts of your body, what is the "line" or posture that your body follows. Reflect on this.

WEEK 2: STRETCH AND BODY SCAN



Formal meditation:

- Audio Mindfulness Body Scan- 17 minutes
- Re-play Video Mindful Movement stretching - 30 minutes

Informal practice along the day:

- Notice when your mind wanders along the day, if it happens with certain tasks specially, with certain relationships or time of the day

