**FORMAL PRACTICE:** Read the description of Mindful Yoga. Before next week, practice at least six times, **Mindful Yoga 1** on JKZ Series 1. As before, don’t expect anything in particular from either of these exercises. See if you can give up all expectations about it and 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: what came up, how it felt, what you noticed in terms of physical sensations, emotions, thoughts, etc. MBSR Yoga 1 Video at: <https://www.youtube.com/watch?v=Teo0f1ab1PY&index=3&list=PLbiVpU59JkVaFMGi0A8Im_hfSh-SWsFwg> Please email your completed Practice Log by Tuesday of next week to: [copingtrainingprogram@coping.us](mailto:copingtrainingprogram@coping.us)

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| **Date** | **Formal Practice Comments Mindful Yoga 1** |
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**Mindfulness Self-Compassion Self-Directed 8-Session Program Participant’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Session 2 *Mindful Self-Compassion Workbook*** **Dates: Start \_\_\_\_\_\_\_\_\_\_ Finish\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_

**MSC Session 2:**Practicing Self-Compassion with Chris Germer at:  <https://www.youtube.com/watch?v=LJLUCo-XjuU>

**Reading and Exercises:**

**Directions:**During Week 2  read the following chapter and do the exercises in each chapter and then on your Session 2 Progress Log post your response and reactions to what you read and you experienced in these exercises. Chapter 6: Mindfulness p. 44 – 49

Chapter 7: Letting Go of Resistance p. 50 – 56 Chapter 8: Backdraft p. 57-63

**Meditations:***Affectionate Breathing Audio Meditation with Chris Germer at:*[*https://www.youtube.com/watch?v=3EfTOL6Regw*](https://www.youtube.com/watch?v=3EfTOL6Regw)

*Labeling Emotions Audio Meditation with Chris Germer  at:*[*https://www.youtube.com/watch?v=TLe6FljJll4&list=RDQG-CsHbkkzE&index=15*](https://www.youtube.com/watch?v=TLe6FljJll4&list=RDQG-CsHbkkzE&index=15)

**What I learned about myself from the exercises in these chapters**

**What surprised me in these chapters**

**What my take a ways were from the exercises in these chapters**

**How I will apply Mindful Self-Compassion in my life after completing these exercises**

**Please email your completed Session 2 Practice Log by Tuesday of the next week to:** [copingtrainingprogram@coping.us](mailto:copingtrainingprogram@coping.us)