**Practice Log – Week 3 FORMAL PRACTICE:** Read the description of Mindful Yoga *(this is very important, even for experienced yoga practitioners)*. Practice at least six times this week, alternating Mindful Yoga 1 withthe Sitting Meditation (e.g., three of each). At least one of the days, do a Body Scan. As before, don’texpect anything in particular from the practice. 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, etc.

**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. 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.*

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| **Date** | **Formal Practice Comments (Body Scan, Yoga or Sitting Meditation)** |
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| **What was the experience?**  | **Were you aware of the unpleasant feelings while the event was happening?** | **How did your body feel, in detail, during this experience?** | **What moods, feelings and thoughts accompanied this event?** | **What thoughts, sensations, emotions do you notice NOW as you write this down?** |
| ***EXAMPLE****Waiting for the cable company to come fix our line. Realize that I am missing an important meeting.* | *yes* | *Temples throbbing, tightness in my neck and shoulders, pacing* | *Angry, helpless, frustrated. “Is this what they mean by service?” “Those #$!@$#!! – I can’t afford to miss this meeting!”* | *I hope I don’t have to go through that again soon. Mild anxiousness,**tightness in stomach.* |
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**Informal Practice Log (Unpleasant Events Calendar) – Week 3**

**Week 3 Yoga Videos**

MBSR Yoga 1 at: <https://www.youtube.com/watch?v=Teo0f1ab1PY&index=3&list=PLbiVpU59JkVaFMGi0A8Im_hfSh-SWsFwg>

MBSR Yoga 2 at: <https://www.youtube.com/watch?v=gmdUOia58rY&index=4&list=PLbiVpU59JkVaFMGi0A8Im_hfSh-SWsFwg>