**FORMAL PRACTICE:** Practice at least six times this week, **Mindful Yoga 2** on JKZ Series 1 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.

MBSR Yoga 2 at: <https://www.youtube.com/watch?v=gmdUOia58rY&index=4&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 2** |
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**Mindfulness Self-Compassion Self-Directed 8-Session Program Participant’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Session 4 *Mindful Self-Compassion Workbook*** **Dates: Start \_\_\_\_\_\_\_\_\_\_ Finish\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_

**MSC Session 4:**Discovering Your Compassionate Voice with Chris Germer at: <https://www.youtube.com/watch?v=2pOwMD1oyrg&list=PLBXi5XsPcRJxi6hj0tpj1w0BVNqTP9>

**Directions:**During Session 4  read the following chapter and do the exercises in each chapter and then on your Session 4 Progress Log post your response and reactions to what you read and you experienced in these exercises.

Chapter 11: Self-Compassionate Motivation p.b77 – 84 Chapter 12: Self-Compassion and Our Bodies p. 85 – 93

Chapter 13: Stages of Progress p. 94 - 99

**Meditations:***Compassion for Self and Others Audio Meditation with Chris Germer at:*

[*https://www.youtube.com/watch?v=9JRQMBHjnT8&list=RDQG-CsHbkkzE&index=18*]( https://www.youtube.com/watch?v=9JRQMBHjnT8&list=RDQG-CsHbkkzE&index=18) *Compassionate Body Scan Audio Meditation with Chris Germer at:*[*https://www.youtube.com/watch?v=AmZdRE83tVU&t=42s*](https://www.youtube.com/watch?v=AmZdRE83tVU&t=42s)

**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 4 Practice Log by Tuesday of the next week to:** [copingtrainingprogram@coping.us](mailto:copingtrainingprogram@coping.us)