

**PRACTICE LOG - WEEK 4- BODY SCAN**

**FORMAL PRACTICE**

Practice daily the lying down body scan meditation. As before, don't expect anything in particular from doing this. It is important to try not to force relaxation, rather be at ease with whatever thoughts, sensations and emotions arise during the exercise. Just let your experience be your experience. If you are feeling very drowsy or tired it is best to do this on the floor without a pillow.

Day

Comments

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