

Session One

Optional Practices

(From UMass Curriculum Guide)

1. Optional informal practice (“small doses, many times”):
Informally and intentionally notice or cultivate moments of awareness during the day—tuning briefly into the breath, body, sounds, what can be seen, and thoughts and emotions—whatever is present, noticing without judgment; recognizing directly that you can deliberately cultivate a *continuity of awareness* throughout your day as a way of beginning to access your innate resources for coping and meeting life in ways that are less conditioned and more appropriate to situations you are facing.
2. Optional informal practice: Informally practice some of the mindful stretches you learned in class as a way to reconnect with the body and the present moment.