



## HOME PRACTICE

- Practice conscious, heart centered, or long deep breathing for at least 3 minutes at a time, twice per day.
- When you are ready, practice Breath of Fire or alternate nostril breathing each day.
- Practice the heart centered exercises several times a week.
- Practice the heart centered meditations at least once per day.
- For optimum results, do all three: first breathing, then exercise, then meditation.

Practice your own selected mindful activity. Note your observations and reflections in the following space.

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