

Daring Greatly: 60 Day Gratitude Challenge
Home Practice Guidelines for Class 1

- a. *Set up a home meditation space.*
- b. *Practice 5 minutes of relaxed “body breathing” either sitting or lying down. Body breathing is simply rotating your awareness through your body as you are aware of breathing. You can start with your feet and scan up or start with your head and scan down. Once your body is relaxed and your mind is calm Practice 10 minutes of formal sitting meditation.*
 - a. *In the 10 minutes incorporate some time to feel your intention & let it grow stronger inside you . . . then allow for some time to visualize all that you are grateful for, in particular, wish that the beings you are grateful to may be safe, well, living with ease and happy.*
- c. *Try checking in and journaling - make this fun! Write down your intention - today! How are you manifesting your intention in every day life? What are your obstacles? Infuse your practice with your new awarenesses - what arises as you bring yourself to practice and during your practice? How are you changing your approach to practice and how is practice changing you?*
- d. *Suggested reading, listening & viewing*
 - i. *View Ana Forrest Explains How to Work the Forrest Yoga Formula for Change <http://www.youtube.com/watch?v=kq4fwllmot0>*
- e. *Recommended Books:*
 - i. *Fierce Medicine by Ana Forrest (available at Two Rivers Yoga & King County Library KCL)*
 - ii. *Daring Greatly by Brene Brown (available at KCL)*