

# MBH Formal Practice Log - Week 1

**FORMAL PRACTICE:** Go through the Vipashyana\*, or Vipasana, or Breath Awareness Meditation (BAM). Do the Vipashyana\* at least six times every week. Don't expect to feel anything in particular from this practice. In fact, it is important to have no expectations at all. Just follow the instructions and experience it.

Record on this form each time you do the Vipashyana\*. In the comment field, put a few words to remind you of your experience of that particular session: what came up, how it felt, what you noticed in terms of physical sensations, emotions, thoughts, etc. It's important to write the comments immediately after the practice because it will be hard to reconstruct later.

**INFORMAL PRACTICE:** Do this at least a few times during the week, bringing mindful awareness to some otherwise routine activity. Use the Informal Practice Log (Mindfulness or Simple Awareness) to help you reflect on this experience.

Date	Formal Practice Comments (BAM)

An audio/ video guidance for Vipashyana or Breath Awareness Meditation (BAM) can be found on the CD or at <http://savy-international.com/yoga-therapy/breathe-and-heal/free-mindfulness/>.