

Week 1: Homework

In the following week, I will practice this breathing technique and this meditation every day at home:

I will do it at this time : _____.

I will do the business meditation at least once a day during office hours.

I will practice mindfulness with the non-dominating hand/ in the car/ when I wait / by looking up (choose at least one) : _____

THE GUIDED MEDITATIONS AND THE COURSE MATERIAL:

WWW.VOLLERELAN.DE/MINDFULNESS

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