

Week 4: Homework

In the coming week, I will do 2 yoga exercise every day at home, then I will sit down and do the nostril breathing technique 5 cycles. Then I will make 3 rounds of coffee breathing (each round of 20 dynamic breaths) and finally I will complete with a meditation. I'll do it at about this time_____

In addition, I will carefully watch:

Situations where I experience resistance. I will then say YES and then consider whether I can accept it, leave it or change it. I will practice thinking „Just like me - sometimes“ and I will be aware of the „presents“ that I do not have to accept.