

Week 6: Homework

I will do 1-2 office Yoga exercises everyday at home next week. Then I will sit down and do a breathing exercise - 5 rounds. Then I will do 3 rounds of coffee breathing (every 20 dynamic breaths) and finally do the kindness meditation (or another meditation). I'll do it at about this time: _____

In addition, I will do „**a random act of kindness**“ (without any expectations). It means doing something good to someone, doing something unexpected, without a reason and without expecting anything in return.

And I will fill out the Gratefulness Diary every day and bring it along next week.