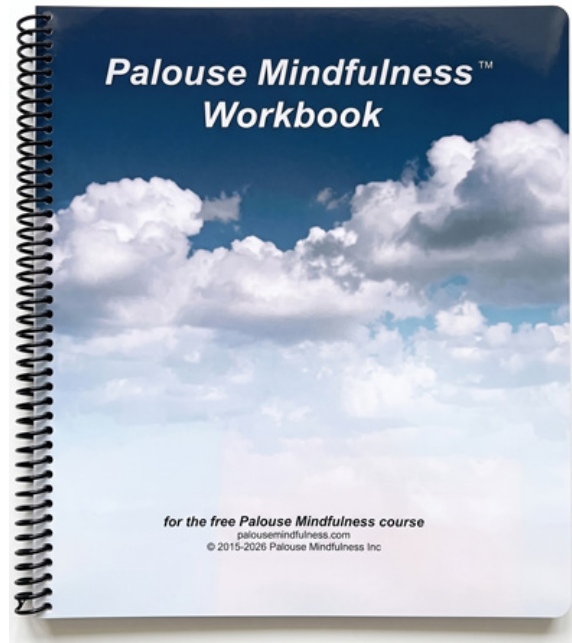


How to use this Workbook



Welcome! This workbook is designed as a companion to the free Palouse Mindfulness course found at palousemindfulness.com. With this workbook, you can record your progress through the course as you use your computer or phone for meditations, videos, and reading materials.



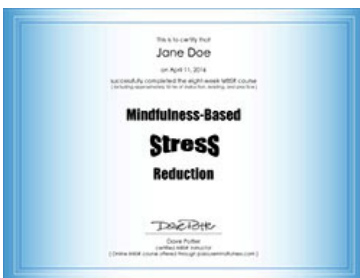
As you progress through the course, you can check the boxes alongside the links for videos, reading material, and practice sheets to indicate you've completed that item.



On each week's "Materials" page, there is a QR code that will take you to the corresponding page of the website where you will be able to access the meditation recordings, videos, and readings associated with that week. Just scan the QR code with your camera.



Weeks 1-7 have a formal and informal practice sheet which can be filled out in the printed workbook, or can be completed as a WORD document by clicking on the corresponding link on that week's page. Completing these practices each week is the central part of the course. By doing these practices each "week" you will learn mindfulness in an embodied way, which will naturally flow into your daily life.



To receive a Certificate of Completion, you will need to complete all eight weeks of the Palouse Mindfulness Course, all five steps of Getting Started, and each week's reading, videos, and practices. After you send the materials indicated in the "Requesting a Certificate" section, we will send you a personal note of congratulations along with your certificate."