

Palouse Mindfulness™ Workbook

Contents

Introduction	Introduction to Palouse Mindfulness	1
Getting Started	Goals & Commitment Worksheet	3
Week 1	Simple Awareness <i>Introduction to the Body Scan</i>	7
Week 2	Attention & The Brain <i>Introduction to Sitting Meditation</i>	13
Week 3	Dealing with Thoughts <i>Introduction to Yoga</i>	19
Week 4	Stress: Responding vs. Reacting <i>STOP: The One-Minute Breathing Space</i>	25
Week 5	Difficult Emotions and Physical Pain <i>Turning Toward...</i>	31
Week 6	Mindfulness and Communication <i>Lake & Mountain Meditations</i>	37
Week 7	Mindfulness and Compassion <i>Lovingkindness & Walking Meditation</i>	43
Week 8	Conclusion <i>Developing a practice of your own</i>	49
Certificate	Requesting a Certificate of Completion	53

These materials and more can be found at palousemindfulness.com