



MBSR WEEK 4 – HOMEWORK RECORD

Formal Practice		Informal Practice
<ul style="list-style-type: none">• Alternate Body Scan (30 min) and Yoga (40 min)• 3 times in the week 15 minutes sitting AoB		<ul style="list-style-type: none">• Note and record experiences of:<ul style="list-style-type: none">○ Being stuck○ Habitual responses• Complete the halfway review form
Date	Practice	Remarks