

MINDFULNESS FOR WOMEN – USING THE BOOK AS AN EIGHT WEEK COURSE

Week	Theme and chapter to read	Meditation	Habit Releaser
One	<p><b>Chapter Four:</b> <b>Calm Your Body</b></p>	<p><b>Body Scan with Emphasis on the Breath</b> (track 1 on CD)</p> <p>Meditate twice per day for at least six days out of seven.</p>	<p><b>Habit Releaser 1:</b> Spend time sitting in nature (see page 70)</p> <p><b>Habit Releaser 2:</b> Complete the Sense Awareness Inventory (see page 72 and blank template on page 302)</p>
Two	<p><b>Chapter Five:</b> <b>Accept Your Body</b></p>	<p><b>Main meditation: Compassionate Body Scan</b> (track 2 on CD)</p> <p>Meditate twice a day for at least six days out of seven.</p> <p>Do the Compassionate Body Scan at least once a day. You can do the breath-based Body Scan (track 1) for the other meditation each day, if you wish.</p>	<p><b>Habit Releaser 3:</b> Give yourself an air bath or a sun bath (see page 100)</p>

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Three	<p><b>Chapter Six:</b> <b>Calm Your Mind</b></p>	<p><b>Main meditation: Breathing Anchor</b> (track 3 on CD)</p> <p>Meditate twice a day for at least six days out of seven.</p> <p>Do the Breathing Anchor at least once a day. You can do the Body Scan of your choice for the other meditation each day, if you wish (tracks 1 and 2).</p>	<p><b>Habit Releaser 4:</b> Watch the sky for a while (see page 130)</p>
Four	<p><b>Chapter Seven:</b> <b>Have Compassion for Your Mind</b></p>	<p><b>Main meditation: Compassionate Breathing Anchor</b> (track 4 on CD)</p> <p>Meditate twice a day for at least six days out of seven.</p> <p>Do the Compassionate Breathing Anchor at least once a day. You can do any of tracks 1–3 as the other meditation each day, if you wish.</p>	<p><b>Habit Releaser 5:</b> Make peace with gravity (see page 163)</p> <p><b>Habit Releaser 6:</b> Do something non-conceptual (see page 164)</p>

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Five	<p><b>Chapter Eight:</b> <b>Find the Good in You</b></p>	<p><b>Main meditation: Self-Compassion</b> (track 5 on CD)</p> <p>Meditate twice a day for at least six days out of seven.</p> <p>Do the Self-Compassion meditation at least once a day. You can do any of tracks 1–4 as the other meditation each day, if you wish.</p>	<p><b>Habit Releaser 7:</b> Compile your awareness top ten (see page 195)</p>
Six	<p><b>Chapter Nine:</b> <b>Love Other People</b></p>	<p><b>Main meditation: Connection</b> (track 6 on CD)</p> <p>Meditate twice a day for at least six days out of seven.</p> <p>Do the Connection meditation at least once a day. You can do any of tracks 1–5 as the other meditation each day, if you wish.</p>	<p><b>Habit Releaser 8:</b> Commit random acts of kindness (see page 223)</p> <p><b>Habit Releaser 9:</b> Connect with three people a day (see page 224)</p>

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Seven	<p><b>Chapter Ten:</b> <b>Keep Flowing and Loving</b></p>	<p><b>Main meditation: Open Heart</b> (track 7 on CD)</p> <p>Meditate twice a day for at least six days out of seven.</p> <p>Do the Open Heart meditation at least once a day. You can do any of tracks 1–6 as the other meditation each day, if you wish.</p>	<p><b>Habit Releaser 10:</b> Stopping to look and listen (see page 246).</p>
Eight	<p><b>Chapter Eleven:</b> <b>Less Stressed For Ever</b></p>	<p><b>Main meditation: Three-minute Breathing Space</b> (track 8 on CD)</p> <p>Meditate twice a day for at least six days out of seven.</p> <p>Do the any of the ten-minute meditations from the programme, twice a day (tracks 1–7).</p> <p>Also do the three-minute breathing space meditation at least three times each day. Experiment with doing it at different times and circumstances, such as at work and at home.</p>	<p><b>Habit Releaser 11:</b> Watch a kettle boil (see page 281).</p>