

Mindfulness MARCH

March is for meditation! Use this calendar to track and motivate your home meditation practice. For each day you meditate using the Benson technique or other - mark the calendar! If you miss a day, just pick up the next day! We will check in at the end of the month!

build your home meditation practice this month

aim to practice every day!

start with a small daily goal, 8 minutes or so, and work your way up

practicing a short time is better than not at all!

SUN	MON	TUES	WED	THUR	FRI	SAT
	2 10 AM Class @ Friendship Room	3	4	5	6	7
8	9 10 AM class @ F.R.	10	11	12	13	14
15	16 10 AM class @ F.R.	17	18	19	20	21
22	23 10 am class @ F.R.	24	25	26	27	28
29	30 10 AM Review of home practice @ F.R.	31				

bring your calendar to each class
try to look at your calendar once a day, if nothing else!



Check the MHA Facebook

For tips, goals, and exercises!

http://tinyurl.com/friendshiproom

* = practiced meditation today!

Name _____