**Week 1: Intro and Review**

**Daily Session on Cushion/Mat:** 5-point check, Compassionate Intention, Sun salute video, Mindfulness Meditation, Gratitude Snippet

**Day 1:** What do want from your meditation practice? think realistically about what you want from your mindfulness practice and what type of commitment would work for you

Aid. Assigned reading – Van Dam “Mindfulness like Mountaineering”, think realistically about what you want from your mindfulness practice and the type of commitment that makes the most sense for you.

**Day 2:** 5-point check off the cushion, many times throughout the day

**Day 3:** Compassionate intention, many times throughout the day

**Day 4:** Come up with your own cheer, use many times throughout the day

**Day 5:** Gratitude snippets throughout the day

**Week 2 Fundamentals of Joy: Getting your groove back!**

**Daily Session on Cushion/Mat:** 5-point check, Compassionate Intention, Sun salute video, Breath of the Week (breath of joy), Mindfulness Meditation, Gratitude Snippet

Remember to be light when you savor and not hold too tightly “kiss joy as it flies”. Be light and balanced.

 **Day 1** –Joyful Sights

Savoring visual experiences that bring joy, maybe try looking at art websites, photography, nature

**Day 2** –Joyful Sounds

Savoring nature sounds, speech or music – just listen, dance if you’d like

**Day 3** – Joyful Aromas

Savoring aromas from nature, food, perfumes/oils and drink

**Day 4** – Joyful Touch

Massage, dancing or movement, texture of clothes, hug or gentle touch of another, pick up food with fingers

**Day 5** –Joyful tastes

Savoring food and drink, maybe treating self with something special

If any senses missing or impaired, try imaging the sense or replacing with another. sensation, picture a succulent fruit or food

**Week 3- Say what? Unpleasantness revisited**

**Daily Session on Cushion/Mat:** 5-point check, Compassionate Intention, Sun salute video, Breath of the Week (breath of joy), Mindfulness Meditation, Gratitude Snippet

Standing twist, shravasana

**Days 1** Laundry or cleaning – finding joy in either little wins or the unpleasantness itself

**Day 2** Dull photography day – get out your camera or phone and try to find beauty, humor or profundity in a boring or unpleasant object or scene?

**Day 3** Don’t touch that dial! Leaving on an unpleasant song (not a traumatic song) and being with your sensations during it- boredom, irritation, restless, wanting to change it

**Day 4** Bureaucracy-related yuckiness – home or work do a mini mindfulness session and retain mindfulness as much as possible during task

**Day 5** Look inward if embarrassing moment of self or other? Looking at discomfort, allowing it, giving it space

**Weekend** – Relax and enjoy the weekend

**Week 4: Mindful Communication: Reveling in interconnectedness**

**Daily Session on Cushion/Mat:** 5-point check, Compassionate Intention, Sun salute video, Breath of the Week, Mindfulness Meditation, Gratitude Snippet

Journal – experiences of daily practices

Theme – how we are interconnected with our environment

1. On a sour weather (or nice day but while ‘stuck’ inside – mindful of attitude, can you approach those feelings with humor and wonderment?

2. Daily sequence, partner yoga with a friend, family member, or pet! if you can, noticing self-talk

3. 5-point check- practicing interoception in multiple environments – outside, inside, alone, crowds, with different types of people

4. Mindful interaction with objects in your world

5. Self-communication – what are you saying to yourself when you do are experiencing different feeling states

Weekend – get out in nature or outside if you can – deeply feel how it affects you

**Week 5: Mindful Mishaps – Daring to look, Daring to feel!**

Daily sequence, self and other compassion practice.

Day 1 Does being overwhelmed lead to moral injury in your life? Do you know what signs of burnout you typically have when you get overwhelmed? Supplemental Reading: <https://www.statnews.com/2022/02/06/what-denying-blankets-to-waiting-patients-says-about-health-care/>

Day 2 Gentleness and self-compassion, in the face of perfectionism

Day 3 Acceptance – practice using compassionate intention when something causes you a bit of shame/guilt.

Day 4 Seeing suffering in news/social media – wishing compassion to those harmed and that those causing harm will wake up/cease harm

Day 5 Making the world a better place – is there something in your work or community that you might advocate for change, however small? How could this be done skillfully and mindfully? If you don’t have the energy, please be self-compassionate.

Weekend – Relaxation and downtime without guilt – after a week of working on difficult topic, return to the joy exercises you connected with – art, music, dancing, massage, food – send compassionate wish to share joy with all as you enjoy

**Week 6 Keeping it Going**

Examine your notes of the course

Review plans for normal daily practice, game plans for practice in sickness, travel, etc.

Review one’s original intentions and note if anything has changed