Mindfulness-Based Chronic Pain Management (MBCPM™) Patient Course

Class 5: Out of Class Work

Daily Formal Meditation Practice from Downloads
● Practicing twenty minutes of meditation each day. Choosing between: o A sitting meditation. o Mindful Movement Meditation (Meditation for the Mindfulness Solution to Pain 2nd download, 5th track). o Mountain Meditation (Nature download, 4th track).
Reading in "The Mindfulness Solution to Pain" (MSTP) book
● Eating part of Chapter 8 "Reclaiming Caring For Yourself: Your Physical Needs" (pages 103-114).
Activities for this Week
● Eating one meal mindfully (described on page 105 MSTP).