

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:
 - A sitting meditation.
 - Mindful Movement Meditation (Meditation for the Mindfulness Solution to Pain 2nd download, 5th track).
 - 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).