



2025 LDT 3

Teaching Materials Reading Schedule

Please have these teaching materials read by the day indicated:

Friday

AM: Basics of Individual Work (Pages 171-174)
Pillow Work (Pages 175-179)

Saturday

AM: Re-read Introduction to Mindfulness- (Pages 39-43)
Creating a Culture of NVC- (Pages 97-99)

Sunday

AM: Facilitation During Nervous System Dysregulation- (Pages 183-190)

Monday

AM: LDT Project Description Form- PDF (Pages 207-208 *If you have not not sent this to us yet*)
LDT Post Project Feedback Form-PPFF (Page 221 *If you have not not sent this to us yet*)