



mindspace

Psychology Services

Formal Practice

Jon Kabat-Zinn

Sit every day. If you feel the sitting is your major form of practice, sit for at least 20 minutes at a time. If you feel the body scan is your major form of practice, then make sure you sit as well for at least five to 10 minutes per day. If you are having a bad day and have absolutely no time, then sit for 3 minutes or even 1 minute. Anybody can find 3 minutes or 1 minute. But when you do it, let it be a minute of concentrated non-doing, letting go of time for that minute. Keep your focus on the breath for stability and calmness.

If at all possible, try to sit in the morning. It will have a positive effect on your whole day. Other good times to practice are: (a) right away when you get home from work, before dinner; (b) before lunch, at home or in your office; (c) in the evening or late at night, especially if you are not tired; (d) any time at all... every moment is a good time for formal practice, sometimes.

If you feel the body scan is your major form of practice, then do it every day for at least twenty minutes at a time.

Practice the yoga four or more times per week for 30 minutes or more. Make sure you are doing it mindfully, especially with awareness of breathing and bodily sensations and resting between postures.