

Homework tomorrow:

Do the flow yourself (session 1/4): first a round of running in nature, followed by the physical exercises, then the yoga session 1/4 series, then a meditation (guided or unguided, choose yourself) and make notes about your experience, especially the flow/combination, how that was for you.

Watch this stress movie: <https://www.youtube.com/watch?v=efbJ5w803cg>

(Stress, Portrait of a Killer - Full Documentary mit deutschen Untertiteln:
<https://youtu.be/eYG0ZuTv5rs>)

Study session 4-7 from the book

Write an inquiry (max 1 a4) with a m2w group verbatim, think about horizontal and vertical inquiry, you may want to get some inspiration from chapter 13 of the book of Segal, Williams and Teasdale (2012), attached

Complete the attached questionnaires for yourself