

Daily Meditation Practice Elements

1. **Formal Practice.** Meditation using your full attention on a specific technique for a set amount of time (>10 minutes).
 1. *Meditation in stillness*
 2. *Meditation in motion*
2. **Life Practice.** Intentional application of specific techniques in daily situations.
 1. *Micro hits:* Formal technique, short duration
 2. *Background Practice:* “on automatic”
 3. *Spontaneity Practice:* stop thinking and fall into task