**End of Practice Reflection**

**Did you make any discoveries?**

**What will you practice next time?**

**How do you feel about your practice?**

**Are you feeling pain or tension?**

**If “yes”, rest until tomorrow. Try some gentle stretching.**

**Are you feeling stressed or tired?**

**If “yes”, relax now. Try tome mindful meditation.**

**How can you make it easier next time?**

**e.g., more frequent breaks**