

## **Segment 1**

- How Hearing Changes With Direction of Attention

## **Segment 2**

- Mindfulness With the Body
- Quiet Time an Opportunity
- Turning Attention to Sensation
- Shift in Emotion and Perception

## **Segment 3**

- Reference Point is the Body

## **Segment 4**

- Recap Lesson and Adapt Daily
  - Tip of Iceberg –Behavior