

Trial One	Date:	Time:	Location	Position
Pre-Assessment: (How are you feeling? What is your general stress level? How do you feel in your body? How is your mood?)				
Post Meditation: How does your mind/body feel now. What changed/didn't? Overall perception? What was difficult or natural?				
Later reflection: how was the day different after?				
Trial Two	Date:	Time:	Location	Position
Pre-Assessment:				
Post Meditation				
Later reflection: how was the day different after?				
Trial Three	Date:	Time:	Location	Position
Pre-Assessment: (How are you feeling? What is your general stress level? How do you feel in your body? How is your mood?)				
Post Meditation: How does your mind/body feel now. What changed/didn't? Overall perception? What was hard and what was easy?				
Later reflection: how was the day different after?				
Impression after 3 trials:				
What patients do you think could use this? When would you use it in life?				