



HANDOUT 2.8: FORMAL AND INFORMAL PRACTICE

In this table you can find some examples of formal and informal practice.

Feel free to fill in the empty spaces in the table with your own favourite forms of formal and informal practice!

 FORMAL PRACTICE → proactive decision to do a practice, intentional commitment of time to the practice	 INFORMAL PRACTICE → reactive, opportunity to bring a compassionate motivation to everyday lives
Soothing Rhythm Breathing	Practicing Loving Kindness for strangers on the bus
Imagery exercises	Softening your gaze when you look at yourself in the mirror in the morning
Soothing touch and compassionate posture	Stopping to connect and chat with the barman who is notably feeling sad today