

“How To Spend Our Days After Completing The Workbook”

After spending 365 + days with a structured practice, it is natural to be apprehensive about practicing without the instructions from a workbook lesson. Completing the workbook can feel like the training wheels have been taken off your bike and you are told to keep pedaling. If you feel that you are not ready for a less structured format then feel free to go through the workbook again. (I did the workbook 3 times.) But if you are ready to try a new way to structure your practice after completing the lessons, read #16 in the Manual for Teachers. This section gives instructions for a post workbook practice. Robert Perry has written a great article that will also help you design a post workbook practice. Here is the link to the article:

<http://www.circleofa.org/library/articles/how-do-we-spend-our-days-after-the-workbook/>