

Today's Agenda

- Welcome & brief grounding
- Review of the 8-Week Introductory Program slides – exploring structure, themes, and discussion ideas
- Open Q&A and support time – space to bring forward any remaining questions, topics, or areas you'd like to revisit before graduation
- Special Guest: Lo Patt, PYP's Social Media Manager – Lo will join us to share more about connecting with the larger PYP community and opportunities to stay involved after graduation
- Closing reflection and next steps

8-Week Introductory Yoga & Mindfulness Program

Program Length: 8 Weeks

Session Length: ~60 minutes (20 min discussion/practice, 30 min movement/ 10 min closing)

Approach: Trauma-informed, accessible, secular, and participant-centered

Week 1: What Is Yoga? – Connection, Regulation, & Rest

Focus: Introduction to yoga as connection (mind–body–breath)

Discussion Points:

- What do you already know or have heard about yoga?
- How do you notice stress or tension in your body? Discuss Nervous System Dysregulation / “On/Off(full accelerator/breaks)”
- What helps you feel calm or connected? Discuss Power of the Exhale

Chair Supported Movement Practice (25–30 min):

- Grounding & arrival: Seated breath and embodied energy awareness, Tense & release - shoulder/neck rolls
- Seated Spinal Movements (Flexion/Extension, Lateral Stretch, Rotation)
- Seated Stomping and Leg Engagement - Standing Dynamic Lunges (W1)
- Seated Pause with breath awareness - explore energetic levels
- Guided tense & release body scan for rest

Closing Reflection:

- What felt different in your body after movement?
- What surprised you about slowing down or breathing intentionally?

Week 2: Energetic Awareness – Identifying Embodied Reactions

Focus: Understanding personal energy and nervous system regulation.

Discussion Points:

- How do you know when you're calm, stressed, or shut down?
- What are signs of energy in your body—tightness, heat, numbness, or stillness?
- Introduce breath as a bridge between mind and body (simple inhale/exhale awareness).

Movement Practice:

- Arrival breath work: Tense & Release to Natural Breath to gentle “Box Breath”
- Gentle exertive movements w/pause (push/pull, stomping, coordinated movements or jumping)
- Slow dynamic sun breath (inhale reach up, exhale lower arms)
- Balance awareness: weight shifting in feet w/energetic check in
- Closing rest: supine or seated grounding meditation

Closing Reflection:

- When might you use your breath as a tool for calm during the day?

Week 3: Range of Motion – Exploring Physical & Emotional Space

Focus: Expanding comfort zones through gentle physical and emotional exploration.

Discussion Points:

- What does “range of motion” mean—physically and emotionally?
- What helps you feel connected enough to stretch (literally or figuratively)?

Movement Practice:

- Gentle flow: seated spinal movements → standing mountain pose → slow forward fold → gentle twist
- Mindful shoulder opening and gentle lunges
- Exploration of boundaries: “go to the edge, then breathe”
- Closing: Supine twist or reclined bound angle pose

Closing Reflection:

- Did you notice any moments of resistance or ease in your movement?
- How do these show up off the mat?

Week 4: The Power of the Pause – Grounding & Centering

Focus: Cultivating the pause between reaction and response.

Discussion Points:

- What happens in your body when you pause before reacting?
- Introduce micro-practices for daily regulation (3 breaths, hand on heart, gentle shoulder rolls).

Movement Practice:

- Centering breath work: Cyclic Sighing 2-3 short inhales, 4-count (or slower) exhale
- Seated exertion & grounding sequence (knee lifts, clock clapping, side reaches)
- Standing mountain → forward fold → half lift
- End with 5-minute guided meditation on “pausing.”

Closing Reflection:

- When could a pause support you this week?

Week 5: Strength & Resilience – Redefining Power

Focus: Strength beyond muscle—patience, persistence, and growth.

Discussion Points:

- What does strength mean to you now vs. in the past? What expectations of strength have you experienced or held for yourself?
- How can patience or gentleness also be forms of strength?

Movement Practice:

- Chair-supported sun sequence
- Gentle warrior poses (using wall or chair)
- Standing balance (tree or supported side leg lift)
- “Strength in stillness” – hold posture for 3–5 breaths, then release

Closing Reflection:

- What strengths showed up for you in today’s practice?
- How do you build resilience off the mat?

Week 6: Focus & Concentration – Finding Balance

Focus: Connecting with attention and awareness.

Discussion Points:

- What does focus feel like in your body?
- How can mindfulness support concentration and clarity?

Movement Practice:

- Centering with alternate arm (nostril) breath (or simple counting breath)
- Standing balance: heel-to-toe walking or supported tree pose
- Seated or standing gentle twists & held stretches
- Mindful gaze (drishti) practice

Closing Reflection:

- Where in your life do you want to direct more focus or attention?

Week 7: Integration & Relaxation – The Reset

Focus: The value of rest, recovery, and letting go.

Discussion Points:

- Why is rest important for health and clarity?
- What helps you truly relax? What barriers to rest exist (in physical space and mentally)

Movement Practice:

- Seated spinal movement
- Supported forward fold and full limb stretches
- Gentle reclined twists
- Guided yoga nidra or body scan

Closing Reflection:

- How does rest / lack of rest impact your ability to act or respond in daily life?

Week 8: Whole Practice – Reflection & Looking Ahead

Focus: Integration, review, and goal setting.

Discussion Points:

- What has shifted for you since Week 1?
- How might you continue to use breath, movement, and awareness beyond this class?
- What would you like to learn or explore next?

Movement Practice:

- Full gentle flow incorporating all prior practices with Supported Activation & Supported Self Soothing:
Arrival → energetic awareness → ROM movement → pause → strength → balance → rest
- Invite participants to co-create flow by suggesting postures

Closing Reflection:

- What tools or moments from this series will you carry forward?
- How might you continue showing up for yourself with compassion and curiosity?

Program Notes:

Encourage journaling or brief reflection after each session.

LISTEN & LEARN from each participant

Reinforce self-agency: “Take what feels helpful and leave what doesn’t.”

Continue to introduce *Yamas and Niyamas* throughout the 8 weeks (e.g., truth, moderation, contentment, self-study, surrender).

Hand out program survey at week 8 (begin prep week 4/ Facility engagement)