



## **Trauma-Informed Yoga:**

**A Facilitator's Guide to Sequencing, Cueing,  
and Adaptive Practice**



# **Trauma-Informed Yoga: A Facilitator's Guide to Sequencing, Cueing, and Adaptive Practice**

**Prison Yoga Project**—*Yoga, Social Justice, and Leadership: 200-Hour Teacher Training Companion Guide*

**Trauma-Informed Yoga: A Facilitator's Guide to Sequencing, Cueing, and Adaptive Practice**

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# Contents

## **Part One**

Foundations of Trauma-Informed & Healing-Centered Yoga Facilitation . . . . 5

## **Part Two**

Language & Cueing in Trauma-Informed Facilitation . . . . . 12

## **Part Three**

Trauma-Informed Sequencing: A Framework for Nervous System Support,  
Resilience, and Personal Healing . . . . . 17

## **Part Four**

Sequences . . . . . 47

## **Part Five**

Guidance for Self-Practice . . . . . 87



# PART ONE

## Foundations of Trauma-Informed and Healing-Centered Yoga Facilitation

### Welcome!

This resource is designed to support you as both a **facilitator and a student of yoga**, providing tools to **deepen your personal practice** while equipping you with the confidence to guide others. Whether you are sharing trauma-informed yoga (TIY) in **carceral settings, recovery programs, mental health spaces, or community-based classes**, this guide offers a **structured yet flexible framework** to help create **inclusive, empowering, and healing-centered yoga experiences**.

### What You'll Find in This Workbook:

- ✓ **Foundational Principles of Trauma-Informed Yoga**—Understanding how TIY supports **nervous system regulation, self-awareness, and resilience**.
- ✓ **Cueing and Facilitation Techniques**—Using **invitational language, adaptive sequencing, and non-coercive facilitation** to create a welcoming space.
- ✓ **Sequencing Templates**—Structured movement flows designed to foster **grounding, emotional regulation, strength, and integration**.
- ✓ **Breathwork and Nervous System Regulation Strategies**—Practical tools for incorporating **breath awareness, self-regulation, and mindful transitions** into movement.
- ✓ **Adapting Practices for Accessibility**—Suggestions for **chair-based, prop-supported, and self-paced modifications** that meet diverse participant needs.
- ✓ **Guidance for Self-Practice**—Encouragement and **reflective prompts** for those using this guide for personal exploration.

This is a **living resource**—as you deepen your understanding of **trauma-informed facilitation**, you will continue to develop and refine **your own approach**.

## Your Role as a Trauma-Informed Facilitator

Facilitating trauma-informed yoga is **not about providing instruction with an expected outcome**—it is about **holding space** and **creating opportunities** for participants to connect with their own strategies for healing and regulation. A **trauma-informed facilitator**:

- ✓ **Offers choice-based movement** rather than prescribing or directing.
- ✓ **Fosters autonomy** rather than authority.
- ✓ **Holds space with curiosity and adaptability** rather than a rigid structure.
- ✓ **Recognizes that healing is non-linear** and allows for a range of experiences.

## Key Facilitation Skills

- Trauma-Informed Sequencing
  - › Crafting sequences that **explore individual range of motion, regulate the nervous system, and offer integration and rest.**
  - › Using **progressive movement** to support **grounding, exploration, and self-awareness.**
- Mindfulness and Breath Guidance
  - › Offering breathwork that **supports nervous system regulation** without forcing specific patterns.
  - › Using **pauses and stillness** as tools for **self-awareness and balance.**
- Adaptability and Accessibility
  - › Modifying sequences and postures to accommodate **physical abilities, energy levels, and emotional states.**
  - › Ensuring participants have **multiple ways to engage**, whether through **movement, breath, or awareness-based participation.**



## Creating Inclusive and Accessible Spaces

Trauma-informed yoga prioritizes **physical and emotional safety, accessibility, and autonomy**. Every yoga space should be an **invitation, not an expectation**. Each time you hold space as a facilitator it will be a unique experience with participants who may have different needs. Consider the following guidelines as you establish the practice space.

### Set Practice Expectations and Clarify Participant Consent

Yoga is an **accessible and personal** experience. Participants are always invited, but never required, to engage in movement, breathwork, or discussion. It is important to introduce yourself and clarify, not only your intentions as a facilitator, but the expectations for the space. Sharing the following information can support you to minimize insecurity and apprehension and establish a welcoming experience for participants.

- ✓ Participation Includes:
  - Exploring **breath, movement, and stillness** at your own pace.
  - Honoring **personal boundaries** and making choices that feel appropriate for “today’s mind and body.”
  - Listening to **internal cues** rather than external expectations.
  - Engaging with **curiosity, awareness, and respect for the space**.
- X Participation Does NOT Include:
  - Forcing or **pushing through pain or discomfort**.
  - Performing postures for **external validation** or rigid alignment standards.
  - Feeling obligated to **share personal experiences**.
  - **Side discussions or disruptions** that take away from the shared space.
  - Engaging in **movement or discussion that feels unsafe or inauthentic**.

### How Facilitators Set the Tone

- ✓ **Introduce yourself and your role**—Acknowledge that your role is to **offer options, not expectations**.
- ✓ **Welcome each individual**—Cultivate an atmosphere of **warmth and non-judgment**.
- ✓ **Affirm choice and agency**—Make it clear that **every participant has the freedom to move, pause, or adapt as needed**.
- ✓ **State the intention of the practice**—Offer a **clear, inclusive purpose** for the session.
- ✓ **Normalize different ways of engaging**—Some may **choose stillness, visualization, or breathwork instead of movement**.

When we **prioritize accessibility**, we make it clear that yoga is for **everybody**—not just those who look or move in a particular way.



## Encouraging Voice and Building Connection

As you continue to establish the space and welcome participants into your program, offer **an optional prompt** to help participants check in and introduce themselves. Prompts may support you, as a facilitator, to better serve the individuals in the space by having the opportunity to witness how each individual uses their voice, expresses their body language, and responds to the group and space. The information shared during this time can inform you whether additional variations might benefit the group or whether a theme or suggested intention might offer additional support.

- Consider prompts that encourage present-moment, mindfulness-based considerations rather than hypotheticals:
  - › *What is one word to describe how you feel in your body/mind today?*
  - › *Where is your attention drawn to today?*
  - › *What animal or object might best describe your energy today?*
  - › *Why did you choose to participate in yoga today?*

## Disclaimers for Participants

The practice of yoga can often release unexpected experiences. From bodily gases to emotions, each individual may vary in how the practice affects them. Offering proactive disclaimers for some of the sounds and sensations individuals may experience—and normalizing these experiences—may support a more comfortable, authentic, and beneficial practice.

- **Joint popping/cracking:** A natural occurrence, not necessarily a sign of harm.
- **Movement of bodily gases:** The digestive system responds to movement—this is normal.
- **Emotional release:** Yoga may release stored tension or trauma, leading to unexpected emotional responses. This is part of the practice.
- **Overwhelm/Balance Fluctuations:** Feelings of lightheadedness, dizziness, or overwhelm may occur. Encourage time to sit, pause, or sip water (if facility allows).

## Supporting Individuals in a Community-Focused Space

As trauma-informed, mindfulness-based facilitators, creating a supportive environment is essential to providing participants with opportunities for agency, healing, and connection. Consider how you will incorporate your authentic voice into the steps below when setting up, holding space, and guiding a practice:

### 1. Set the Tone with Presence

- Your energy, voice, and demeanor shape the atmosphere.
- Model authenticity, openness with appropriate boundaries, and patience.
- Remember, your role is to offer support and choices—not to “fix” or correct.

### 2. Prioritize Safety and Nervous System Regulation

- Encourage participants to honor their own range of motion—emotional as well as physical.
- Emphasize self-awareness over external alignment.
- Normalize the use of props (blocks, chairs, walls, desks) to create stability and accessibility.
- Allow for gradual transitions and offer stillness as an option.

### 3. Offer Choice and Support Agency

- Provide multiple ways to engage with each posture or breath practice.
- Encourage participants to pause, modify, or opt out at any time as needed.
- Choice-based participation fosters trust and self-regulation.

### 4. Adapt for Physical Ability and Mobility

- Always have chair-based or seated options available.
- Use props to support balance and comfort.
- Cue each movement beginning with the most accessible variation for all present.
- Speak clearly, move slowly, and allow time between transitions.

### 5. Adapt for Trauma-Sensitivity and Emotional Regulation

- Some participants may choose to observe instead of participating physically.
- Follow more dynamic movement with grounding and stillness practices.
- Avoid sudden or unannounced movement around the space.
- Use a calm, steady voice and remain predictable in your facilitation.
- **Do not use hands-on assists**, both because carceral settings prohibit this and to empower participants to find the variation of postures that works best for them.

### 6. Adjust for Energy Levels

Be mindful that within the same class, participants may arrive with **varying energy levels and needs**. Create opportunities for variation so individuals can adjust the **pace and intensity** of the practice to best serve themselves.

- For example, when offering a practice like **stomping to release excess energy**, acknowledge that some participants may engage with a **forceful, exertive stomp**, while others may choose a **lighter, more gentle step** depending on their mobility, energy, and comfort levels.

For sessions where the energy and engagement of the class is more consistent (all high-energy or all low-energy), consider resourcing the information you may have gained by the welcome prompts you offered.

- If a high-energy group is seeking calm and stillness, incorporate a more invigorating start to the practice to address the excess energy of the group and transition to grounded and more contemplative and focused movement.
- For low-energy groups seeking more energy and focus, share more coordinated movements, balance workshops, and closing breathwork that supports engaged focus such as alternate nostril breathing.

By offering options that honor individual differences, you support each participant in finding their own rhythm and regulation.

This foundation supports autonomy, safety, and choice. In the next section, we will explore **invitational cueing** as a way to further enhance participant agency and connection.



## Reflection and Integration

As you review this section, take a moment to reflect on your role as a facilitator and how you can cultivate a **safe, inclusive, and empowering yoga space**. These questions are an opportunity to **reinforce the key lessons of this section** and to consider **how you will embody these principles** in your own facilitation.

1. **How do you define your role as a trauma-informed facilitator, and how does this differ from traditional yoga instruction?**
2. **What strategies can you use to ensure accessibility in your yoga space for a variety of participants?**
3. **How can you model self-awareness and choice in your own practice as a facilitator?**
4. **What language shifts can you incorporate to promote agency and autonomy in your classes?**

# PART TWO

## Language and Cueing in Trauma-Informed Facilitation

### The Power of Language in Creating Safe and Inclusive Spaces

The words we use as facilitators can either encourage participants to make choices that are truly best for themselves, or unintentionally pressure them to do what they think we want them to do. In trauma-informed and healing-centered spaces, it is our responsibility to use language that not only supports **individual variations and personal exploration**, but also works to **dismantle hierarchical influences** that place the facilitator's instruction above the participant's intuition.

Our language and cueing should foster **safety, autonomy, and self-trust**, guiding participants to build confidence in their own choices and capacities. In doing so, we create a **collaborative, supportive environment** where growth is based on **internal awareness and agency**, rather than seeking external approval or validation.

Trauma-informed cueing moves away from **rigid instruction** and instead **normalizes exploration and growth**. By offering **choice-based, invitational language**, we foster an environment where participants can:

- ✓ Develop a **connection** with and **confidence** in their own body's needs.
- ✓ Engage in movement **without fear of judgment or comparison**.
- ✓ Experience yoga as a **tool for self-inquiry and empowerment**.

This section provides guidance on how to **use language to promote inclusivity, encourage self-agency, and reduce competition**—ensuring that every participant, regardless of experience, feels supported in their practice.

A trauma-informed class is not about **perfection or performance**—it is about **providing a space for exploration and self-awareness**.





## The Role of Invitational Cueing

Verbal guidance is one of the most powerful tools a trauma-informed and healing-centered facilitator can offer. It begins with **clear, direct anatomical cues** that support all participants in finding the most **accessible variation** of a movement or posture. By starting each new movement in its most **basic and universally accessible form**, we help every participant experience success in that posture or movement, building **confidence and trust** in their own ability. This foundational approach encourages participants to stay curious and notice how their body feels in the moment, opening the door for self-directed exploration.

Once that foundation is established, **invitational cueing** allows participants to deepen or modify their experience in ways that feel best for them. For example, rather than saying, “*Lean into your lunge,*” a facilitator might offer, “*Notice how it feels for you to lean into this lunge and explore the depth that feels most supportive today.*” Or, “*You might try extending your arm through your own range of motion, if that feels available.*” This language shifts the focus from following orders to tuning into **personal sensation, autonomy, and choice.**

It’s also important to note that even if **hands-on assists** were permitted, there is strong reason to avoid them. Moving another person’s body into a shape based on the facilitator’s perception, rather than guiding them to discover what feels best for themselves, can unintentionally:

- Build barriers to their ability to **navigate and trust their own experience.**
- Reinforce a dynamic where the participant seeks **external approval** rather than internal alignment.
- Diminish the opportunity for participants to develop **self-confidence, body awareness, and agency.**

In trauma-informed spaces, our role is to empower participants to **make choices for themselves**, to cultivate **curiosity rather than compliance**, and to foster **confidence in their own body’s wisdom.** Invitational cueing is not only a facilitation technique, but also a practice of dismantling hierarchy and returning ownership of the practice to each individual.

Why Invitational Cueing Matters	How to Guide Participants Into Their Own Experience
<p>✓ <b>Encourages Autonomy</b></p> <p>Allows participants to choose how they engage, reducing pressure to perform for approval.</p>	<p>✓ <b>Ask Open-Ended Questions</b></p> <p>Example: <i>“Notice how this feels for you today”</i> rather than giving instructions on what it should feel like.</p>
<p>✓ <b>Builds Confidence and Competency</b></p> <p>Supports growth over time and normalizes that each day and body is different.</p>	<p>✓ <b>Model Variations</b></p> <p>Start with the most accessible version of a posture, then offer options for further exploration so participants can choose their level of engagement.</p>
<p>✓ <b>Reduces Hierarchy</b></p> <p>Shifts power away from the instructor as the authority and toward the participant as the expert of their own body.</p>	<p>✓ <b>Offer Exploratory Prompts</b></p> <p>Encourage participants with invitations like <i>“You might explore...”</i> or <i>“If it feels supportive...”</i> to foster curiosity instead of compliance.</p>
<p>✓ <b>Promotes Self-Awareness</b></p> <p>Helps participants connect with their own bodies and sensations, cultivating long-term self-trust.</p>	<p>✓ <b>Avoid Hands-on Assists</b></p> <p>Allow participants to find the alignment that feels best for them, reinforcing self-awareness and agency rather than external correction or approval-seeking.</p>



## Examples of Invitational Cueing and Language That Normalizes Growth

In trauma-informed facilitation, language plays a key role in shifting focus from achievement and comparison to **curiosity, self-awareness, and personal growth**. By offering cues that encourage exploration rather than performance, we support confidence, reduce hierarchy, and create space for participants to connect with their own experience.

Instead of Traditional Cueing That Creates Pressure or Insecurity	Try Language That Encourages Exploration and Self-Awareness
<p>X “If you can’t do this, take a modification.” <i>(Implies failure or lesser ability)</i></p>	<p>✓ “You’re welcome to explore a variation that feels right for you.” <i>(Encourages autonomy and removes hierarchy)</i></p>
<p>X “If you want a challenge, try this.” <i>(Frames options as achievement-based)</i></p>	<p>✓ “If it feels supportive, you might explore this option.” <i>(Centers personal needs over external goals)</i></p>
<p>X “You should feel a stretch here.” <i>(Tells participants what they should experience)</i></p>	<p>✓ “You might notice sensation in this area—what do you feel?” <i>(Invites curiosity and self-awareness)</i></p>
<p>X “Let’s work toward a full expression of the pose.” <i>(Reinforces hierarchy and comparison)</i></p>	<p>✓ “There’s no final shape, only an exploration of what feels right.” <i>(Normalizes growth and evolving experience)</i></p>
<p>X “This is an advanced variation for those who are ready.” <i>(Creates comparison and pressure)</i></p>	<p>✓ “Let’s check in with how this feels—there are many ways to approach this movement.” <i>(Encourages agency and personal choice)</i></p>

By removing pressure and expectation from our cueing, we create space for **confidence, self-trust, and personal exploration**—the heart of a healing-centered, trauma-informed practice.

## Reflection and Integration

Consider how you can **apply these principles** to your own facilitation. These reflections help solidify **how language and cueing shape the yoga experience** and allow you to **explore where you can refine your approach**.

1. **How does the language you use in yoga spaces impact participants' sense of self-awareness and belonging?**
2. **What are some ways you can reinforce competency growth without creating a sense of hierarchy?**
3. **How can you ensure that participants feel equally valued, regardless of how they engage in the practice?**
4. **Which aspects of invitational cueing feel natural to you, and which might require more practice?**

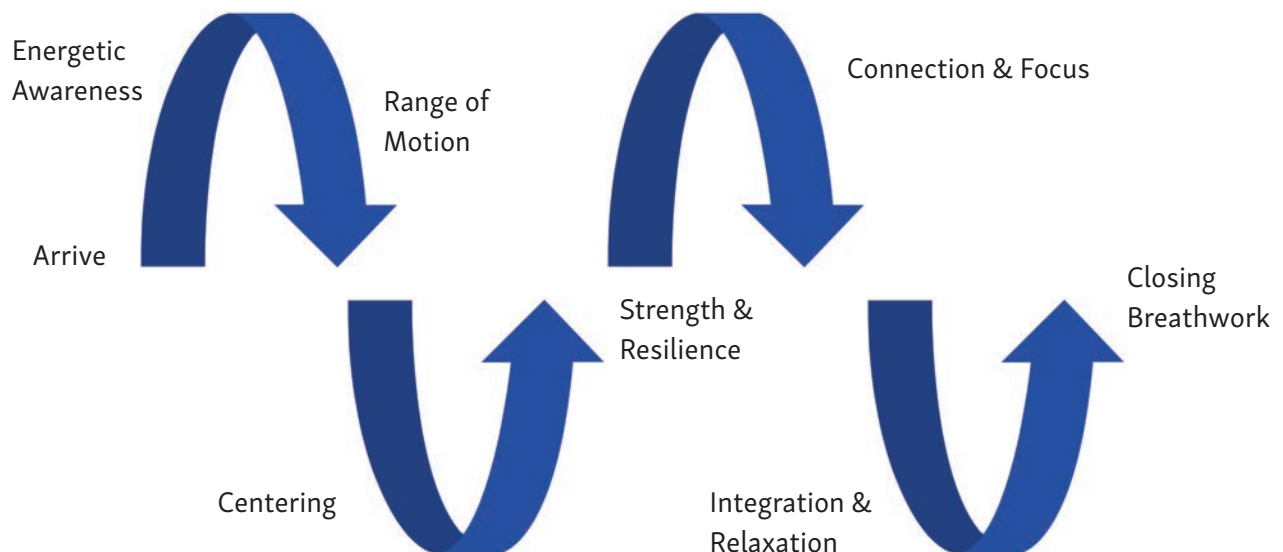
## PART THREE

# Trauma-Informed Sequencing— A Framework for Nervous System Support, Resilience, and Personal Healing

Trauma-informed sequencing differs from other yoga lineages in that it is **intentionally structured to support nervous system regulation and heart rate variability**. Each practice is designed not only to move the body through postures, but also to create **controlled moments of activation and recovery**, allowing participants to **safely explore the sensations of exertion, breath shifts, and body temperature changes** in a way that mirrors real-life stress and regulation patterns.

By experiencing these cycles of **activation followed by purposeful rest or pause**, participants learn to recognize and feel how their nervous systems respond, building **self-awareness and self-regulation skills**. Over time, this supports the development of resilience off the mat—helping individuals understand how **dysregulation and re-centering** feel in their bodies and how they can access those tools in daily life.

### Energetic Waves of TIY Sequencing



The six phases of trauma-informed sequencing each play a distinct and supportive role in this process:

<b>Phase</b>	<b>Purpose and Benefits</b>
<b>1. Energetic Awareness</b>	Helps participants become aware of their current energy state and begin the process of grounding. This phase prepares the nervous system for intentional movement and invites curiosity about how energy is held in the body.
<b>2. Range of Motion Exploration</b>	Encourages participants to explore their unique range of motion, meeting themselves where they are. This supports activities of daily life (ADLs), helps maintain or gradually expand mobility, and builds respect for personal limitations and strengths.
<b>3. Centering and Somatics</b>	Provides space for pause, reflection, and connection to personal impulses. Somatic experiencing during this phase deepens body awareness, supports re-centering after activation, and encourages grounding through breath and subtle movement.
<b>4. Strength and Resilience</b>	Introduces exertion and challenge to foster stability, empowerment, and endurance. By experiencing safe activation, participants can recognize how their bodies respond to effort and build the confidence to face challenges both on and off the mat.
<b>5. Concentration and Focus</b>	Enhances coordination, mental clarity, and balance. This phase offers opportunities for both physical and cognitive focus, supporting presence and steady attention, which serve participants in daily decision-making and stress management.
<b>6. Integration and Relaxation</b>	Allows the body and mind to fully absorb and integrate the practice. Extended periods of stillness and rest promote deep self-connection and cultivate the skill of self-soothing, creating space for ease and reflection.

## The Energetic Movement of Trauma-Informed Sequencing

Throughout these phases, the inclusion of the **Yamas and Niyamas**—the ethical principles and personal observances of yoga—provides participants with additional insight and support. These foundational elements help frame conversations around **harm, manipulation, self-doubt, the desire to push beyond capacity, or clinging to old narratives**. For example:

- **Ahimsa (non-harm)** can remind participants to treat themselves with kindness, rather than forcing their bodies beyond comfort.
- **Satya (truth)** encourages honest self-inquiry into what feels supportive on any given day.
- **Aparigraha (non-attachment)** helps participants release expectations or comparisons and accept where they are in the moment.

In the **next section**, you will find a **detailed breakdown of each phase of trauma-informed sequencing**, along with **suggested shapes and movements** that can be used to build out sequences. The guide is intended to serve as both **inspiration and structure**, offering a starting point to **practice cultivating original sequences** based on your personal style and the needs of your community.

There is **additional workspace provided in the guide**, where you are encouraged to **add your own postures, variations, and shapes** that feel most appropriate for **your personal practice and for the populations you currently or intend to serve**. This will help you customize the resource into something that supports not just your learning, but your facilitation in a meaningful, evolving, and individualized way.



## Key Considerations for Sequencing in Trauma-Informed Spaces

- ✓ **Accessibility Comes First**—Always prioritize **multiple ways to engage** in each phase, ensuring all participants feel included.
- ✓ **Breath Awareness Is a Tool, Not a Requirement**—Instead of rigid breath cues, invite participants to **observe and explore their own breath patterns**.
- ✓ **Self-Agency and Choice Are Central**—Provide **options rather than expectations**, allowing participants to **adapt movements based on their comfort and energy levels**.
- ✓ **Sequencing Should Be Fluid, Not Fixed**—Adapt sequences **based on group needs** rather than following a predetermined structure.

### 1. Energetic Awareness

**Purpose:** Supports regulation by addressing the **variety of energetic levels** participants may arrive with, whether they are feeling **hyperactivated, lethargic, or somewhere in between**. Through movement and breath, participants can **find appropriate regulation**, bringing them into a **balanced, centered state**. This practice also fosters **grounding**, helping individuals feel more **present and prepared** to engage with mindfulness throughout the session. By meeting their **real-time energy needs**, participants can **approach the practice with greater awareness and intentionality**.

- **Key Practices:** Encourages **intentional movement and breathwork** to support **energy regulation**, recognizing that participants may arrive with **varying levels of activation or fatigue**. The sequencing allows time to **explore and adjust energy levels**, creating a **foundation for mindful engagement** throughout the practice.  
By incorporating **dynamic movements that engage the full body**—such as **rhythmic clapping, tapping, gentle bouncing, arm swings, or marching**—participants can **release tension and reconnect with their breath in a natural, accessible way**. **Grounding techniques**, including **stomping, cyclic sighing, or audible exhales**, help regulate the nervous system, offering a **pathway to transition into a more centered and present state**. These practices **set the tone for the session**, preparing participants to engage with **clarity, focus, and awareness**. They also support the development of mindfulness skills and help individuals bring awareness to their personal energetic fluctuations on and off the mat.
- **Facilitation Tips:** Emphasize **Ahimsa (non-harm)** by encouraging participants to honor their current energy levels without judgment. Invite them to explore practices at their own pace, creating a safe and compassionate environment.
- **Suggested Movements and Breath Practices:** These movements can be **layered into a diverse class** to meet participants where they are, offering both activation and grounding in a way that honors personal choice and energy levels.

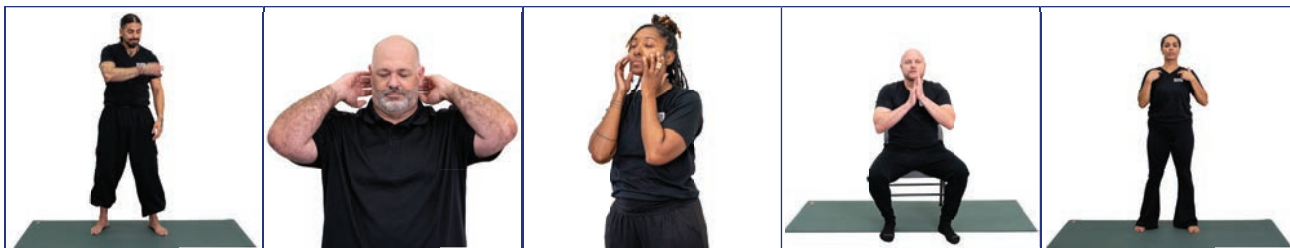
## Stomping/Marching/Jumping/Dancing/Shaking

- Supports release of built-up or excess energy
- Increases circulation and warms the body
- Helps bring awareness to the connection between feet and ground, offering grounding
- Can be adjusted for intensity, allowing each participant to choose their level of exertion
- Encourages freedom of movement and playfulness
- Invites self-expression without rigidity or performance



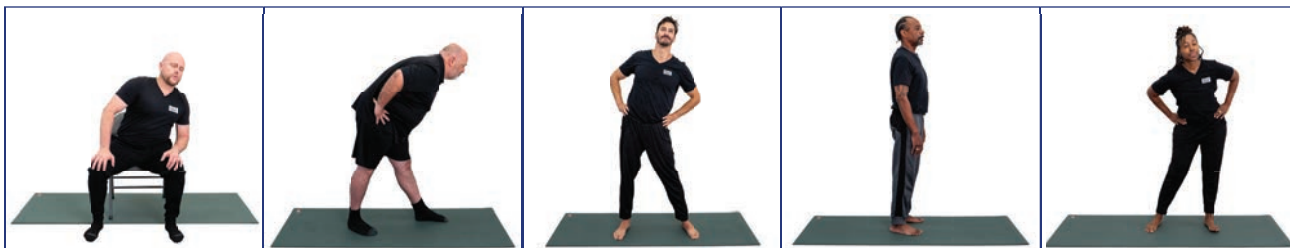
## Brushing/Tapping/Flicking

- Reconnects participants with body awareness through touch
- Gently stimulates the skin and peripheral nervous system, fostering grounding
- Offers a simple, self-soothing technique that can be done standing, seated, or lying down
- Helps release subtle tension in the body and re-focus attention



## Leaning/Shifting Weight

- Builds balance and invites participants to notice how weight is held and transferred
- Helps increase proprioception (body awareness in space)
- Encourages gentle exploration of stability and movement without force
- Can serve as a calming transition between more dynamic and restful practices



## Notes



## 2. Range of Motion Exploration

**Purpose:** Provides participants with the opportunity to explore the **unique range of motion** in their joints and muscles, gently warming the body to **prepare for further movement**. Beyond physical flexibility, **emotional range of motion** is also cultivated—allowing individuals to **honor their real-time capacity for stimulation, action, and reaction**. By increasing awareness of both **physical and emotional limits**, this practice supports **self-regulation, adaptability, and a greater connection to the present moment**, fostering a more intentional and healing movement experience.

- **Key Practices:** Encourages **gentle, exploratory movements** to support **mobility, flexibility, and bodily awareness** while allowing participants to **gradually reconnect with their bodies** in a **safe and intentional way**. The sequencing is designed to **move through all major joints and muscle groups**, promoting **circulation, ease of movement, and nervous system regulation**. By taking time to **engage each area of the body—shoulders, spine, hips, wrists, ankles, and beyond—participants are invited to explore their natural range of motion without force or strain**. These **fluid, dynamic stretches** help release tension while providing a **foundational awareness of personal movement patterns and limitations**. Intentional **breath cues—inhaling during expansion and exhaling during contraction—**enhance coordination, reinforce presence, and encourage a deepened **mind-body connection**.
- **Facilitation Tips:** Guide participants to approach movements with **Satya (truth)** by inviting them to observe what feels authentic and supportive in their bodies. Encourage them to move mindfully and honestly, without comparing themselves to others or striving for external perfection.
- **Suggested Movements and Breath Practices:** By consistently encouraging exploration of both physical and emotional range of motion, we support participants in sustaining flexibility, adaptability, and self-trust—on the mat and in life. Each day’s capacity may be different, and honoring that uniqueness creates a strong foundation for both healing and balance.

### Physical Exploration of Joints and Muscles

- **Toes, Feet, Ankles, and Knees**
  - › Increases stability and balance awareness
  - › Supports grounded connection and a foundation for all movement
  - › Encourages release of tension and promotes mobility in often-overlooked areas
  - › Helps maintain joint health and flexibility for daily activities
  - › Supports trust in the body’s ability to bear weight and move with ease



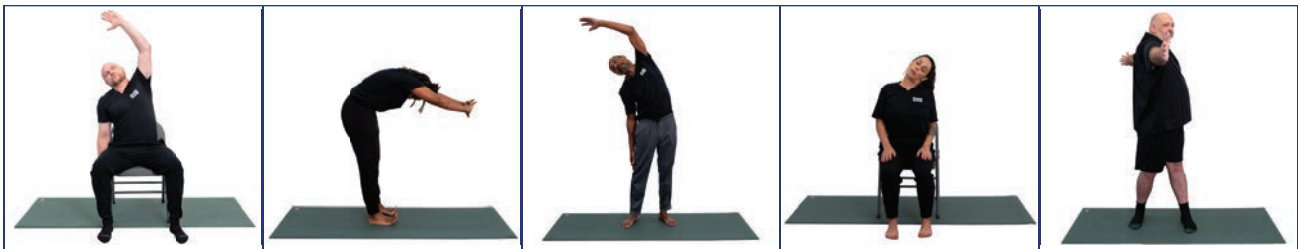
- **Hips**

- › Enhances mobility for seated, standing, and dynamic movements
- › Supports emotional release (as hips are often tension-holding areas)
- › Encourages spaciousness and flexibility in both body and perspective



- **Spine (Including Neck)**

- › Promotes healthy posture and safe spinal movement
- › Supports gentle flexibility and adaptability in the body and mind
- › Helps release tension that can build from stress or protective posturing



- **Hands, Wrists, and Shoulders**

- › Enhances dexterity and supports daily functional movements
- › Helps release tension from gripping or bracing
- › Reduces common stress-holding tension
- › Builds strength and mobility for confident, supported upper-body movements



## Notes



### 3. Centering and Somatics

**Purpose:** Creating **moments of stillness and reflection** provides individuals with the **opportunity to pause**, fostering **impulse control and emotional regulation**. This pause helps **interrupt automatic reactions**, allowing space to **respond intentionally rather than reflexively**. By supporting **nervous system regulation**, these practices help individuals remain **present in real time**, reducing the tendency to “time travel” into past traumas or future anxieties—patterns that often lead to **dysregulated responses disconnected from the actual situation**.

- **Key Practices:** Centering techniques such as **tactile tools** (e.g., squeezing a ball), **journaling**, and **guided breathing exercises** support **self-awareness and grounding**. **Somatic practices**, like **tensing and releasing muscles**, help participants reconnect with physical sensations. Simple techniques such as **body scans**, **rhythmic swaying**, and **three-part breathing** encourage introspection, while placing hands on the **chest or abdomen** can enhance grounding and presence.
- **Facilitation Tips:** Emphasize **Asteya (non-stealing)** by encouraging participants to focus inward and connect to their experiences without self-criticism or comparison. Remind them that this phase is an opportunity to honor their own needs and reclaim their sense of self and shift awareness to their “real-time” needs.
- **Suggested Movements and Breath Practices:** Together, these centering movements and practices support somatic regulation by strengthening the participant’s ability to notice, respond, and recalibrate in real time. Over repeated practice, they build confidence, self-trust, and the capacity to navigate both activation and calm with greater ease—on the mat and in life.

#### Tense/Release

- Helps participants become aware of areas where tension is unconsciously held
- Teaches the contrast between tension and relaxation, supporting deeper release
- Encourages safe activation and discharge of energy, offering a felt sense of letting go
- Builds trust in the body’s ability to move from effort to ease, reinforcing nervous system flexibility



## Pause in Stillness

- Offers space to integrate sensations and emotional responses
- Cultivates patience and comfort with stillness, reducing impulsive reactions
- Supports reflection and internal check-ins, helping participants notice subtle shifts
- Models the value of rest and observation as part of practice and daily life



## Mudras (Hand Gestures)

- Provides a simple, grounding tool to support focus and calm without large physical effort
- Enhances the mind-body connection by linking intention, breath, and sensation
- Can signal safety and presence to the nervous system through repetitive, gentle practice
- Helps participants create ritual and mindfulness in moments of stress or disconnection



## Additional Support for Centering and Somatics

### Orienting to Space

- Encourages grounding by inviting participants to take in their environment with curiosity
- Builds a sense of safety through awareness of surroundings, reducing hypervigilance
- Helps regulate the nervous system by engaging sight and subtle body movement in exploration
- Supports self-trust by demonstrating that it's okay to check surroundings and return to presence

### Breathing Practices

- Provides immediate access to regulation by shifting breath rhythm and focus
- Increases heart rate variability, supporting resilience and adaptability
- Reinforces the ability to slow down and self-soothe in moments of heightened emotion
- Offers participants a portable tool they can use anytime to return to center

## Notes



## 4. Strength and Resilience

**Purpose:** Challenges **traditional stigmas of “strength,”** redefining it beyond physical power to include **resilience, integrity, and strength of character.** Through **controlled and empowering movement,** participants build **competency and confidence,** fostering a **deeper connection to their own capabilities.** This practice also supports **advocacy for personal boundaries,** encouraging individuals to engage in **sustainable and appropriate practices** that honor their **real-time capacity.** Strength in this context is not just about endurance—it is about **resilience in integrity, the ability to navigate challenges with awareness, and the confidence to stand in one’s own truth.**

- **Key Practices:** Focuses on **building strength and stability** through **intentional, controlled movements** that promote **physical and mental resilience.** The sequencing encourages participants to **engage mindfully with their bodies,** fostering **confidence and endurance.** **Dynamic transitions and balancing movements** challenge coordination while reinforcing **inner and outer strength.** Breath remains a key tool, with **steady, intentional breathing patterns** supporting effort and release—**exhaling during exertion and inhaling during expansion**—helping participants cultivate **both power and sustainability in their practice.**
- **Facilitation Tips:** Incorporate **Brahmacharya (moderation)** by guiding participants to engage with strength-building practices mindfully, avoiding overexertion. Encourage them to approach this phase with balance, embracing their capabilities while respecting their limits.
- **Suggested Movements and Breath Practices:** By offering postures that adjust how the body bears weight and relates to gravity, we create opportunities for participants to build strength, focus, adaptability, and trust in their own resilience. These experiences help develop competency and confidence both on the mat and in navigating life’s shifting challenges.

### Standing Postures

- Build lower-body strength and stability
- Enhance balance and proprioception (awareness of the body in space)
- Foster grounding and confidence, connecting the body to the earth
- Support healthy weight distribution and strengthen joint integrity



## Core-Activating Movement/Postures (Including Back Body Engagement)

- Strengthen abdominal, back, and pelvic muscles for improved posture and spinal support
- Encourage functional strength to support daily activities and movement stability
- Build resilience in both front and back body, creating balanced support
- Support a strong center for self-confidence, both physically and emotionally



## Arm Balances

- Challenge strength, focus, and balance simultaneously
- Foster courage and playful exploration, offering opportunities to test boundaries safely
- Shift weight-bearing responsibility to the upper body, offering new perspectives on stability
- Promote trust in the body's capacity to hold and support itself in unfamiliar positions



## Dynamic Flows

- Support cardiovascular health and promote heart rate variability
- Encourage fluidity, adaptability, and the ability to move between effort and ease
- Build coordination and rhythm between breath and movement
- Help release stuck energy, supporting both physical and emotional processing



## Held Postures

- Build endurance, patience, and mental resilience
- Allow time to explore subtle adjustments and deepen body awareness
- Create space to observe sensation, breath, and emotion without rushing
- Encourage integration of strength and stillness, fostering both stability and surrender



## Notes

## 5. Connection and Focus

**Purpose:** Fosters **connection to self**, particularly for those who have experienced **dissociation from their body and real-time experiences due to trauma history**. Through **coordinated movements, balance postures, and contemplative deeper stretches**, participants are invited into **exclusive focus on their direct, present-moment experience**. This mindful attention helps **rebuild trust in bodily sensations, enhance self-awareness, and cultivate a sense of embodiment**, supporting individuals in feeling more **centered, engaged, and connected** in both movement and stillness.

- **Key Practices:** Emphasizes **enhancing mental focus and physical stability** through **coordinated movements and balance-focused sequencing**. Movements are designed to **integrate both sides of the body and brain**, supporting **concentration, spatial awareness, and control**. Slow, rhythmic transitions, paired with **intentional breath patterns**, help **anchor attention and reinforce coordination**. Encouraging a steady focal point (drishti) guides participants toward **greater presence and self-connection**, allowing them to engage fully with their immediate experience.
- **Facilitation Tips:** Guide participants in practicing **Aparigraha (non-attachment)** by letting go of expectations or judgments about their balance or focus. Encourage them to embrace the process as an opportunity to explore and learn without fear of failure.
- **Suggested Movements and Breath Practices:** These movements help participants build focus and connection by anchoring attention in the body, fostering curiosity without judgment, and allowing time for awareness, adjustment, and personal discovery—supporting confidence and clarity on and off the mat.

### Balance Postures

- Strengthen stabilizing muscles and improve coordination
- Encourage present-moment awareness by requiring focused attention
- Help participants explore steadiness and self-trust in moments of uncertainty
- Foster patience and persistence, offering a safe space to wobble, adjust, and reset



### Coordinative Movements (e.g., Cross-Body Movements, Alternating Arm/Leg Lifts)

- Integrate both hemispheres of the brain, improving cognitive function and mental clarity
- Enhance motor coordination and refine movement control
- Build the ability to concentrate and stay engaged in complex, layered tasks
- Mirror the mental skill of multitasking and adaptability in daily life, while grounding attention



### Held or Contemplative Stretches (Longer-Held Side Bends, Twists, and Gentle Lengthening Postures)

- Provide time for deeper exploration of sensations and subtle tension release
- Support safe, gradual expansion of range of motion through mindful presence
- Encourage reflection and curiosity, allowing participants to observe how their body responds over time
- Foster a sense of spaciousness, both physically and mentally, through sustained attention and gentle patience



## Notes



## 6. Integration and Relaxation

**Purpose:** Provides **essential time for rest and integration**, allowing participants to **fully absorb the benefits of their practice**. Rest is not passive—it is a vital component of **nervous system regulation and emotional processing**. Longer periods of **stillness in restorative postures** allow the body and mind to **settle, release tension, and transition from movement to deep relaxation**. By encouraging **quiet contemplation with fewer verbal cues**, participants have the space to **immerse themselves in the experience**, fostering a **deep sense of presence, self-connection, and inner awareness**. This phase supports **physical recovery, mental clarity, and emotional balance**, reinforcing the practice’s impact beyond the mat.

- **Key Practices:** Focuses on **allowing the body to settle** through **restorative stretches that gently release the muscles and joints**, supporting deep relaxation. Movements are sequenced to **promote physical ease and nervous system regulation**, offering a gradual transition from active engagement to stillness. **Yoga Nidra, guided meditations, or body scans** can further encourage integration, helping participants **process the practice mentally and emotionally**. Breath remains a central tool, with **long, steady exhales** fostering grounding, presence, and a sense of completion.
- **Facilitation Tips:** Highlight **Saucha (purity)** by inviting participants to reflect on their practice with clarity and openness, creating space for emotional and physical restoration. Offer alternatives to traditional Shavasana to ensure participants feel safe and supported in their resting pose.
- **Suggested Movements and Breath Practices:** These movements and stillness-based practices in the integration and relaxation phase offer participants the opportunity to fully settle, absorb their experience, and cultivate a sense of ease, balance, and quiet confidence to carry with them beyond the mat.

### Seated Spinal Movements (Gentle Twists, Flexion, and Extension)

- Release residual tension along the spine and back body
- Promote gentle mobility and balance between structure and flexibility
- Encourage deeper breath awareness as the spine moves
- Offer a final opportunity to process and unwind before rest



## Seated Exploratory Stretches (Long, Mindful Side Bends and Forward Folds)

- Allow participants to slow down and explore subtle sensations
- Support gentle lengthening of muscles after strength and focus phases
- Create space for self-reflection and grounding through sustained, gentle movement
- Reinforce self-care through non-striving, curiosity-based exploration



## Supine Twists

- Support spinal mobility and release tension from the lower back and hips
- Aid in calming the nervous system and signaling the body to prepare for rest
- Encourage diaphragmatic breathing and integration of breath and body awareness
- Offer a soothing, gentle transition into stillness



## Supine Body Stretches (Gentle Full-Body Stretches)

- Help lengthen the entire body and release remaining muscular tension
- Reinforce openness and spaciousness in the body and breath
- Support relaxation by signaling completion and readiness for rest
- Create a sense of fullness and ease after active movement



## Final Relaxation (Savasana or Supported Resting Posture)

- Allows the body and mind to fully absorb and integrate the benefits of practice
- Encourages complete surrender and trust in stillness
- Supports nervous system downregulation and deep rest
- Provides time for quiet reflection, self-connection, and emotional settling



## Notes

## Breath Integration

Breath is a constant thread woven through every part of a trauma-informed yoga practice. Throughout all phases of sequencing—from energetic awareness to integration—the breath serves as a tool for **nervous system regulation, presence, and self-awareness**. However, it is essential to understand that breath is not a one-size-fits-all tool; each individual’s capacity for breath may vary based on **health conditions, respiratory limitations, trauma history, or moment-to-moment energy levels**.

Facilitators should avoid language like *“Take a deep, full breath,”* as this can unintentionally create pressure or discomfort, especially for those living with **asthma, chronic respiratory conditions, or anxiety-related breath dysregulation**. Instead, invite participants to **notice their natural breath** and gently encourage **exploration of breath within a comfortable, supportive range**. Phrasing such as *“Notice your breath as it is,”* *“If it feels supportive, you might soften your exhale,”* or *“Explore how breath moves through your body”* allows each participant to connect with breath in a way that feels safe and personal.

Breath awareness can also mirror range of motion: just as physical movements are encouraged within each person’s capacity, **breath practices should be adaptable, inclusive, and responsive to individual needs**.



## Closing Breath Practice

The end of a trauma-informed class should include a **breath practice that gently restores focus and readiness**, helping participants transition from deep relaxation back into a state of **present awareness and alertness**. While Savasana and stillness are powerful, leaving participants in too relaxed or dreamy a state can be disorienting and may leave them **vulnerable or disconnected** when reentering the demands of their environment.

A closing breath practice, sometimes referred to as **regulating or transitional breath**, can help participants:

- Reconnect with their surroundings
- Reorient to space and time
- Feel grounded and clear-minded

Examples of closing breath practices may include:

- Gentle rhythmic breathing (e.g., equal length inhale and exhale)
- Subtle breath awareness paired with small, grounding movements (e.g., gentle hand pressing into thigh)
- Simple humming or sighing breaths to create vibration and release

## Considering Time of Day

The time of day your program occurs may also inform the type of closing breath practice offered:

- **Morning classes** may benefit from a breath practice that **energizes and gently stimulates**, helping participants move into their day with clarity and readiness.
- **Midday classes** can offer breath practices that balance energy, neither overly calming nor overly stimulating, bringing **alert presence**.
- **Evening classes** may conclude with grounding breath that supports relaxation while still **restoring enough focus** to safely and mindfully transition out of class.

Breath is not only a tool for regulation throughout practice but a bridge between the experience on the mat and participants' return to daily life. A thoughtful closing breath practice respects the diversity of needs in the room and ensures participants leave the space grounded, present, and empowered.

## Reflection and Integration Questions

These questions offer an opportunity to **personalize your approach to sequencing** and **consider how to best support participants in your program**.

1. **How can you adapt this sequencing framework to meet the needs of your specific program population?**
2. **What strategies can you use to ensure breathwork remains accessible and not overwhelming for participants?**
3. **How can you create transitions between phases that feel natural and supportive, rather than forced or rushed?**
4. **Which phase(s) of sequencing do you feel most comfortable facilitating? Which might require more practice or exploration?**

# PART FOUR

## Sequences

This section is designed as a **practical resource** for facilitators and practitioners seeking **structured, trauma-informed yoga sequences** that emphasize **accessibility, safety, and personal agency**. These sequences serve as a **foundation** for offering healing-centered movement experiences that promote **self-awareness, confidence, and nervous system regulation** through intentional breath and mindful movement.

### Important Note for Facilitators:

Each sequence presented features only **one suggested variation** of each posture or movement. Facilitators are **strongly encouraged** to adapt these variations based on their **personal practice, authentic teaching voice**, and most importantly, the **unique needs of the participants** they serve.

### How to Use These Templates:

- Use these sequences as a **foundational guide**, not a fixed prescription.
- Begin with the provided **clear anatomical cues** to help ground participants in safe, accessible entry points to movement.
- Layer in **invitational language** that suits your group. Example cues include:
  - > *“If it feels supportive today, you might explore...”*
  - > *“You could notice how your body responds as you shift weight...”*
  - > *“You’re welcome to adjust or pause at any time.”*
- Offer additional **variations or modifications** that reflect the **mobility, energy levels, and comfort** of your participants.
- Consider adding **props, chairs, walls, or soft supports** for stability and accessibility.
- Adapt breath guidance to reflect **natural, comfortable breathing**, avoiding prescriptive phrases like *“Take a deep breath,”* and instead invite participants to **notice the breath they have and explore gentle adjustments**.

## Facilitation Tips:

**Start with the Basics**—Offer the most accessible variation first, then layer options for exploration.

**Adapt for the Group**—Notice energy levels, mobility ranges, and emotional cues; offer slower or more dynamic adjustments as needed.

**Use Your Authentic Voice**—These sequences are a tool to support your growth as a facilitator. Integrate your own language and presence while staying trauma-informed and participant-centered.

**Focus on Connection, Not Perfection**—Encourage participants to explore sensation and breath rather than striving for “correct” form.

**Customize and Expand**—Use the provided workspace in this section to add postures or shapes that feel appropriate for your populations, ensuring this resource evolves alongside your facilitation skills and community needs.

## Notes



## Chair Supported Practice for Spine Mobility and Mindful Awareness

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## Summary

This practice invites participants to explore movement that builds balance, strength, and flexibility while emphasizing spinal mobility and alignment. By integrating seated and standing postures with intentional pauses and breath awareness, this sequence promotes a sense of connection, ease, and empowerment in the body and mind. Movements are designed to encourage curiosity and self-compassion, creating space for participants to move at their own pace and honor their unique needs.

1. **Seated Shoulder Shrug:** Sit tall and gently lift your shoulders toward your ears. Exhale as you release them down. Repeat a few times at your own pace.
2. **Neck Movement (Multiple, Including Chin Lift):** Lower your chin toward your chest, then lift it gently upward. Slowly turn your head side to side and lower each ear toward your shoulder. Move with care, pausing as needed.
3. **Seated Torso Circles (Multiple Angles):** Place your hands on your knees and make gentle circles with your torso. Explore different angles and move slowly, noticing sensations in your body.
4. **Seated March:** Lift one knee at a time as if marching. Keep your spine long and shoulders relaxed, moving with your breath.
5. **Seated Pause:** Rest your hands on your chest, belly, or lap. Close your eyes or soften your gaze. Take several slow, mindful breaths, noticing how your body feels.
6. **Lateral Stretch (Right and Left):** Extend one arm overhead and lean gently to the opposite side. Explore arm variations, such as reaching forward or placing one hand on your thigh.
7. **Seated Twist (Right and Left):** Place one hand on the opposite knee and the other hand behind you. Gently twist your torso while keeping your spine long.
8. **Seated Flexion and Extension:** Interlace your fingers and extend your arms forward, rounding your spine and tucking your chin. Inhale as you lift your chest, draw your arms back, and open through the front of your body. Move between these two postures with your breath for 3–5 rounds.
9. **Seated Pause:** Rest your hands on your lap. Close your eyes and take a few centering breaths.
10. **Seated Warrior II to Exalted Stretch (Right and Left):** Extend your arms wide in Warrior II, turning slightly in your chair. Lean back into Exalted Stretch, resting one arm on the chair or thigh while the other reaches overhead. Repeat on the other side.
11. **Seated Pause:** Rest your hands on your lap. Take a moment to notice any shifts in your body or breath.
12. **Seated Eagle Pose (Right and Left):** Cross-reach each hand toward your opposite shoulder and notice any stretch sensation to your upper back and shoulders. Option to cross one leg over the other. Lift your elbows gently and breathe.
13. **Seated Figure Four Stretch:** Cross one ankle over the opposite knee. Sit tall, and if it feels good, lean slightly forward. Switch sides after a few breaths.
14. **Seated Full-Body Stretch:** Shift forward in your seat, then lean back into the chair. Inhale as you reach your arms overhead. Stretch your entire body upward and lengthen through your spine as you breathe fully.
15. **Standing Single Leg Balance:** Step one foot back into Warrior I, bending your front knee and extending your arms overhead. Transition to Warrior III by leaning forward, balancing as you lift your back leg, and extending your arms forward or keeping them at your sides. Slowly swing your extended leg forward, balancing with your knee bent or straight. Switch sides and repeat the sequence on the left side.
16. **Standing Lunge and Quad Stretch:** Place one foot forward and the other back into a lunge position, using the chair for support. Breathe deeply into the stretch. Transition into a Quad Stretch by bending your back knee and gently holding your ankle, drawing your heel toward your glutes while continuing to use the chair for balance. Repeat for each leg.
17. **Standing Forward Fold with Chair Support:** Hinge at your hips and let your upper body fold forward, resting your hands on the chair for support. Relax your head and shoulders.
18. **Resting Stretch with Chair:** Kneeling, rest your upper body on the chair seat with your arms folded or extended. Take slow, steady breaths.
19. **Legs Up Chair:** Lie on your back and place your calves or feet on the chair seat. Allow your arms to relax at your sides and breathe deeply.

## Notes



# Supported Confidence: A Prop-Based Practice for Strength and Ease

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## Summary

This sequence incorporates the use of blocks to provide support, enhance stability, and build confidence in each posture. Participants are encouraged to explore the physical and emotional support offered by props, moving mindfully through each pose with a focus on breath and alignment. This practice fosters a sense of grounding and ease while promoting self-awareness and self-compassion.

1. **Seated Single Arm Reach:** Sit tall with a block beneath your seat for support if desired. Extend one arm overhead and gently reach upward, creating space through your side body.
2. **Seated Lateral Bend (Right and Left):** With one arm overhead, lean gently to the opposite side. Keep your chest open and your breath steady. Switch sides after a few breaths.
3. **Seated Overhead Reach and Cactus Arms:** Extend one or both arms overhead, then bend your elbows into a cactus shape. Open your chest and gently squeeze your shoulder blades together.
4. **Seated Outstretched Arms:** Extend your arms out to the sides, reaching through your fingertips. Keep your shoulders relaxed and your spine tall.
5. **Seated Twist (Right and Left):** Place one hand on the opposite knee and the other hand on a block behind you for support. Twist gently while keeping your spine long. Switch sides.
6. **Seated Pause:** Rest your hands on your lap. Close your eyes or soften your gaze and take several centering breaths.
7. **Cat and Cow Pose:** In a tabletop position, exhale to round your spine (Cat), and inhale to arch your back (Cow). Use blocks under your hands if needed for comfort.
8. **Low Lunge to Pyramid with Half Lift (Right and Left):** Step one foot forward into a lunge. Place blocks under your hands for support. Straighten your front leg and hinge forward from your hips, resting your hands on blocks. Repeat on the opposite side.
9. **Step Together with Block Support:** Step your back foot forward, pausing in a supported forward fold with your hands on a block.
10. **Chair Pose:** Bend your knees and sink your hips back. Extend your arms forward or overhead for balance. Use a block between your thighs to engage your legs.
11. **Chair Pose with Reach Stretch:** From Chair Pose, reach your arms overhead and lengthen your spine.
12. **Pause:** Stand or sit comfortably. Take a few deep breaths, noticing how your body feels.
13. **Goddess Pose:** Step your feet wide and turn your toes slightly outward. Bend your knees deeply and bring your arms into a cactus shape.
14. **Side Angle Stretch to Triangle Pose with Prop (Right and Left):** Stand straight with your feet wide and bend one knee to shift into a supported side lunge. Reach your hand toward your bent knee and extend your opposite arm overhead. Use a block for additional support if needed. Straighten your front leg and hinge at your hip, resting your lower hand on a block or your shin while extending your top arm skyward. Repeat on the opposite side.
15. **Standing Full-Body Stretch:** Inhale, extend your arms overhead, and reach through your fingertips.
16. **Squat Pose:** Lower into a squat with your feet grounded and your fingertips or palms together, elbows wide. Lower slowly to a level comfortable for your knees and back. Sit on a block for stability if desired.
17. **Staff Pose:** Sit tall with your legs extended straight in front of you. Use a block under your hips or knees to support your posture.
18. **Pigeon Pose (Right and Left):** Bring one leg forward and extend the other behind you. Square your hips and fold gently if comfortable. Use a block under your hip for support. Switch sides after a few breaths.
19. **Seated Forward Fold:** Extend your legs in front of you and hinge from your hips. Consider placing a block under your knees for support.
20. **Windshield Wiper Legs:** Sit with your knees bent and feet flat. Gently drop your knees side to side in a windshield wiper motion.
21. **Supine Knee to Chest:** Lie on your back and hug one or both knees into your chest. Use a block under your head if needed.
22. **Supine Twist (Right and Left):** Drop your knees to one side while keeping your shoulders grounded. Switch sides after a few breaths.
23. **Relaxation with Prop:** Lie on your back with a prop under your knees, neck, or head for support. Close your eyes and allow your body to fully release into the ground.

## Notes



# Grounded Energy: A Regulating Practice

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## Summary:

This practice invites you to explore an energetic flow designed to support nervous system regulation. By combining dynamic movements, balance challenges, and grounding stretches, you are encouraged to connect with your breath and body in a way that helps release tension, build resilience, and restore balance. Each movement offers an opportunity to experience a sense of flow, enhancing vitality while creating space for relaxation and calm.

1. **Jump and Shake:** Begin by standing tall and lightly bouncing on your feet. Let your arms and shoulders shake freely, releasing tension with each movement.
2. **Arm Circles (Multiple Angles):** Extend your arms to the sides and explore small and large circles, moving forward and backward. Try varying the angles to notice different sensations.
3. **Standing Side Bend:** Reach one arm overhead and gently bend to the side, keeping your chest open. Explore the lengthening along your side body and move at your own pace.
4. **Chair Pose with Push:** Sink into a chair pose, extend your arms forward, and press outward as if pushing an invisible wall away.
5. **Chair Pose with Pull:** From Chair Pose, pull your elbows back, drawing your shoulder blades together and opening your chest. Breathing evenly, repeat the pushing and pulling motion for several rounds of breath.
6. **Pause:** Stand comfortably. Place your hands at your sides or on your body, close your eyes, and take a few deep breaths.
7. **Warrior I Flow:** Step one foot back and bend your front knee. Extend your arms overhead, then sweep them back behind you, lifting your chest. Repeat 4–6 times on each side.
8. **Warrior III:** Lean your upper body forward from Warrior I and lift your back heel off the ground. Extend your arms forward or keep them at your sides for balance. Lift your back leg and hold for a few breaths. Switch sides.
9. **Pyramid Stretch:** Step one foot back and fold forward over your front leg. Keep your spine long and your hamstring gently stretched. Breathe slowly and fully as you relax your body into the stretch.
10. **Standing Cactus Arms:** Stand with your feet at a comfortable and supportive stance and bring your arms to a cactus shape. Explore squeezing your shoulders as your broaden through your chest.
11. **Pause:** Take a moment to pause movement. Focus on your breath and notice how your body feels.
12. **Warrior II Flow:** Take a wide stance, turning your front foot forward and bending your front knee. Extend your arms parallel to the floor, one forward and one back, gazing softly over your front hand.
13. **Side Angle Pose:** From Warrior II, lower your front arm toward your thigh and extend your opposite arm overhead, creating a long diagonal line. Repeat on the opposite side.
14. **Standing Full-Body Stretch:** Straighten both legs in your wide stance. Inhale deeply, extend your arms overhead, and stretch your entire body from fingertips to toes. Continue to stretch for 3–5 rounds of breath.
15. **Standing Forward Fold:** With a wide or narrow stance, hinge at your hips and let your upper body fold forward. Allow your head and neck to relax. Breathe evenly as your body relaxes into the stretch.
16. **Seated Forward Fold:** Sit with your legs extended in front of you. Hinge from your hips and gently fold forward, reaching toward your feet. Breathe evenly as your body relaxes into the stretch.
17. **Seated Figure Four Stretch:** Cross one ankle over the opposite knee and gently lean forward, keeping your spine tall. Breathe evenly as you notice any stretch sensations. Switch sides when ready.
18. **Seated Twist:** Place one hand on your opposite knee and the other behind you. Explore a gentle twist in your torso, holding for a few breaths on each side.
19. **Supine Pause with Bent Knees:** Lie on your back with your knees bent and feet flat on the floor. Rest your arms at your sides and take slow, steady breaths.
20. **Single Knee to Chest Stretch:** Hug one knee into your chest, keeping the other leg extended or bent. Breathe deeply, then switch sides.
21. **Final Relaxation:** Lie on your back in a comfortable position. Close your eyes, relax your body, and breathe deeply. Let go of any remaining tension as you soften with each exhale.

## Notes



# Chair Practice for Weight-Bearing Population

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## Summary

This chair yoga practice is designed to promote mobility, relaxation, and a sense of grounding through gentle movements and mindful breathing. The sequence integrates seated and standing postures, focusing on releasing tension, building strength, and enhancing flexibility.

1. **Seated March:** Sit tall with your feet flat on the floor. Gently lift one knee at a time, as if marching in place, while keeping your spine long and shoulders relaxed.
2. **Neck Turn:** Inhale to lengthen your spine. Exhale as you gently turn your head to one side, hold briefly, then return to center and repeat on the other side.
3. **Side Neck Stretch:** Lower your right ear toward your right shoulder without lifting your shoulder. Hold, then switch sides, keeping your neck relaxed.
4. **Overhead Reach:** Inhale and extend both arms overhead. Stretch your fingertips toward the sky, lengthening your spine.
5. **Side Body Stretch:** With one arm reaching overhead, lean gently to the opposite side. Keep your chest open and breathe deeply.
6. **Tense/Release:** Pause and take a moment to observe any sensations within your body. Shrug your shoulders and bring tension into your limbs and torso. Inhale and hold the tension in your body for a count of 1–4. Exhale as you release the tension in your body. Repeat 2–4 times.
7. **Seated Cat/Cow Pose:** Extend your arms forward at shoulder height. Round your spine as you actively stretch your arms forward. Next, place your hands on your thighs. Inhale, arch your back slightly, lift your chest, and gently gaze upward. Repeat 3–5 times.
8. **Seated Pause:** Rest your hands on your lap. Close your eyes or soften your gaze and take a few deep breaths.
9. **Seated Warrior II:** Sit tall with feet flat on the floor. Turn your torso and knees slightly toward your front arm. Extend one arm forward and one back, shoulders relaxed, and gaze over your front hand. Breathe steadily, staying grounded through your seat and feet.
10. **Seated Exalted Warrior:** Lean slightly back, bringing your rear hand to your thigh or chair and lifting your front arm toward the sky. Breathe deeply.
11. **Seated Side Angle Pose:** Place one forearm on your thigh, extend the opposite arm overhead, and create a long line from fingertips to heel. **Repeat 9–11 with the opposite leg.**
12. **Seated Pause:** Rest again with hands on your lap. Take a moment to notice your breath and your body.
13. **Standing Warrior I:** Standing behind the chair, step one foot back and bend your front knee. You can keep your hands resting lightly on the chair or lift your arms overhead, keeping your chest open and shoulders relaxed. Rest arms on the chair for balance support or lift overhead. **Repeat with the opposite leg.**
14. **Standing Tree Pose:** Place one foot on your inner ankle or calf (avoid the knee). Bring hands to the heart center or reach overhead. **Repeat with the opposite leg.**
15. **Standing Forward Fold:** Hinge at your hips and fold forward, resting your hands on a chair for support. Allow your head and neck to relax.
16. **Seated Pause:** Return to your seat. Take a few deep breaths to re-center yourself.
17. **Seated Half Lift with Reach Back:** Sit tall, reach both arms forward, then gently sweep them back behind you, opening your chest.
18. **Seated Twist:** Place one hand on the opposite knee and the other hand on the chair behind you. Gently twist your torso while keeping your spine long. **Repeat 17 and 18, twisting in the opposite direction.**
19. **Full-Body Stretch:** Inhale and extend your arms overhead. Stretch through your fingertips and lengthen your whole body.
20. **Wide-Leg Forward Fold:** Open your legs slightly wider than hip-width. Hinge forward from your hips, allowing your upper body to relax.
21. **Face Tapping:** Gently tap your fingertips over your forehead, cheeks, and jawline. This helps release tension and improve circulation.
22. **Relaxation:** Sit back comfortably. Close your eyes, take slow, deep breaths, and allow your body to fully relax with each exhale.

## Notes



# Energizing Flow: A Practice for Strength, Balance, and Grounding

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## Summary

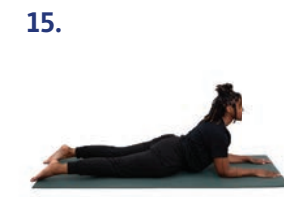
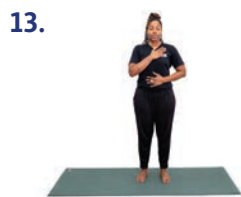
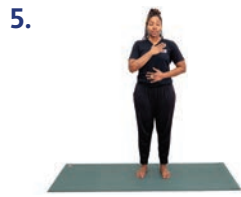
This dynamic yoga sequence blends flowing movements, strengthening poses, and grounding pauses to promote nervous system regulation, balance, and flexibility. Each posture invites you to explore your body's capacity with curiosity and ease, connecting breath to movement to cultivate both vitality and calm. Adjust the movements to suit your body, and explore the practice at your own pace.

1. **Brushing:** Stand tall and gently brush your hands along your arms, chest, and legs, as if sweeping away tension. Breathe deeply and notice any sensations as you move.
2. **Standing Spinal Flexion and Extension:** Place your hands on your thighs. Inhale to lift your chest and gently arch your back; exhale as you round your spine and tuck your chin. Repeat for 4–6 breaths.
3. **Relaxed Mountain Pose (Pause):** Stand with your feet grounded and your arms relaxed at your sides. Close your eyes or soften your gaze. Take a few slow breaths and notice how you feel.
4. **Forward Fold to Chair Flow:** Hinge at your hips to fold forward. Inhale as you rise into Chair Pose, extending your arms forward. Exhale as you fold back down. Move at a pace that feels comfortable for 4–6 rounds.
5. **Runner's Lunge with Twisting Reach:** Step one foot back into a lunge. Place one hand on the floor or a block and extend the opposite arm toward the sky. Pause for 3–5 breaths, then switch sides.
6. **Bird Dog:** Come to hands and knees. Extend one arm forward and the opposite leg back, keeping your spine long. Hold for a few breaths, then switch sides.
7. **Gate Pose:** Kneel on one knee and extend the opposite leg to the side. Reach one arm overhead and lean gently toward the extended leg. Hold for 3–5 breaths, then switch sides.
8. **Downward-Facing Dog to Upward-Facing Dog Flow:** Transition between Downward Dog and Upward Dog at your own pace. Inhale as you lower into Upward Dog, exhale as you lift into Downward Dog. Repeat 4–6 times.
9. **Forward Fold:** From Downward-Facing Dog, walk your hands toward your feet and pause in a forward fold. Bring a slight bend into your knees. Relax your head, neck, and shoulders.
10. **Relaxed Mountain Pose:** Return to standing with a soft gaze and steady breath. Notice any shifts in your energy.
11. **Active Warrior I Flow (through Crescent Lunge):** Step one foot back, bend your front knee, and lift your arms overhead. Keep your chest open and your gaze steady.
12. **Warrior III:** Lift your back leg parallel to the floor, arms extended forward or at your sides. Maintain balance and focus.
13. **Crescent Lunge:** Step your extended foot back and bend your front knee deeply. Extend your arms overhead and lengthen through your spine. From Crescent Lunge, gently bend to one side, then the other, stretching through your side body. Return to relaxed Mountain Pose and repeat on your second side.
14. **Goddess Pose with Side Lunge Movement:** Step your feet wide, bend your knees into a squat, and shift your weight side to side. Move gently and explore what feels good in your hips and legs.
15. **Warrior II to Triangle Flow (2 images):** Move between Warrior II and Triangle Pose by straightening your front leg to enter Triangle, then bending into Warrior II. Repeat 4–6 times.
16. **Exalted Warrior:** From your Warrior II stance, lean back slightly, resting your rear hand on your thigh and lifting your front arm skyward. Repeat on the opposite side from Warrior II to Triangle Posture.
17. **Pause in Relaxed Mountain Pose:** Return to standing. Close your eyes or soften your gaze and take a few steady breaths before switching sides.
18. **Single Leg Balance to Quad Stretch/Dancer Pose (2 images):** Shift your weight to one foot and lift the opposite knee forward. Find stability and focus on your breath. Swing the same leg back and reach toward your ankle, gently pull it toward your glutes. Option to lift your opposite arm forward or upward. Repeat from the single leg balance of your opposite side.
19. **Full-Body Stretch:** Inhale deeply, extend your arms overhead, and reach through your fingertips.
20. **Relaxed Mountain Pose (Pause and Noticing):** Stand still, close your eyes, and notice sensations in your body and the rhythm of your breath.
21. **Wide-Leg Forward Fold with Twist:** Step your feet wide and hinge forward at your hips. Place one hand on the floor or a block, and reach the opposite arm toward the sky. Switch sides after a few breaths.
22. **Seated Side Stretch:** Sit tall and extend one arm overhead. Lean gently to the side, pausing for 3–5 breaths before switching sides.
23. **Seated Twist:** Place one hand on your opposite knee and the other hand behind you. Twist gently, keeping your spine long. Switch sides after 3–5 breaths.
24. **Seated Figure Four to Reverse Tabletop (Right and Left):** Cross one ankle over the opposite knee. If comfortable, transition to Reverse Tabletop by placing your hands behind you and lifting your hips. Switch sides.
25. **Face Yoga:** Sit comfortably and gently massage or stretch your facial muscles. Try raising your eyebrows, smiling wide, or softly tapping your cheeks and jawline.
26. **Supine Knees to Chest:** Lie on your back and hug your knees to your chest. Rock gently side to side to release tension in your lower back.
27. **Resting Pose with Bent Knees:** Rest on your back with your knees bent and feet flat on the floor. Allow your arms to relax at your sides and take slow, deep breaths.

## Notes



# Mindfulness Practice



## Summary

This practice gently invites you to explore movement and breath with curiosity, supporting your connection to your body and your healing journey. Each posture and pause offers an opportunity to observe and respond to what feels best for you in the moment.

1. **Check-In:** Begin by standing tall and noticing how you're feeling. Do you feel tired or energetic, focused or distracted? When you're ready, shift your weight side to side, bending your knees as much or as little as feels right. Breathe in and out a few times, allowing your awareness to come to your body and breath.
2. **Marching:** Begin lifting one knee at a time in a gentle marching motion. Keep your spine long and your shoulders soft. Notice how your breath responds to the movement.
3. **Body Extension to Chair with Pull Back (Two Posture Flow):** Move into a flow by inhaling as you extend your arms forward, and exhaling as you bend your knees into Chair Pose, pulling your elbows back. Explore moving between these shapes at a pace that feels natural for your breath.
4. **Full-Body Stretch:** Inhale deeply and reach your arms overhead, stepping wide and lengthening your entire body from fingertips to toes, taking up all your space. Continue to stretch and reach as you take 3–5 breaths. Return to a comfortable standing posture.
5. **Pause:** Stand with your feet grounded. Rest your hands at your sides or on your body. You might choose to close your eyes or soften your gaze. Breathe deeply, expanding your inhaled and exhaled for 4–6 breaths. Observe any thoughts or sensations, returning to your breath if distracted.
6. **Standing Twists:** With a relaxed stance, begin to swing your arms front to back. As it feels comfortable, gently twist your torso side to side, allowing your arms to swing naturally. You may want to move slowly or more quickly as you repeat 6–10 times from side to side.
7. **Standing Side Bend:** Return to a relaxed stance and begin to bend gently to one side and then the other. If it feels good, reach one arm overhead as you bend, noticing any stretch sensations along your side. Breathe naturally, inhaling as you return to center and exhaling as you bend.
8. **Pause:** Take a moment to stand still, close your eyes or soften your gaze, and notice your breath and body. Take a purposeful inhale to your fullest capacity and exhale with an audible sigh. Repeat as needed.
9. **Foot Stretching:** Shift your weight onto one foot and gently roll your ankle or stretch your toes. Explore lifting onto your toes and rocking back on your heels. Switch sides.
10. **Standing Spinal Flexion and Extension:** Place your hands on your thighs or out in front of you. Bend your knees slightly to your comfort level. Inhale as you arch your back and lift your chest; exhale as you round your spine and tuck your chin. Repeat 6–10 times.
11. **Standing Tapping:** Use your hands to gently tap your chest, arms, shoulders, and legs. Explore light tapping on your face and neck to release tension.
12. **March and Shake:** Lightly march in place while shaking out your arms, legs, and shoulders. Let go of any lingering tension.
13. **Pause:** Take a moment to stand still, close your eyes or soften your gaze, and notice your breath and body. Take a purposeful inhale to your fullest capacity and exhale with an audible sigh. Repeat as needed.
14. **Pyramid Forward Fold (Show 2 Variations if Possible):** Step one foot back and fold forward over your front leg as much or as little as feels right. Keep your spine long and ease into the stretch with each exhale. When ready, switch sides.
15. **To Floor—Sphinx or Upward-Facing Dog:** Lower to hands and knees, then onto your belly. You might rest on your forearms in Sphinx Pose or press into your hands in Upward-Facing Dog. Explore what feels most supportive, holding for a few breaths.
16. **Resting Pose:** Transition from your stomach to hands and knees. Allow your hips to settle and your forehead to rest on your hands, arms, or a block. Breathe deeply and let your body relax with each exhale.
17. **Seated Pause:** Come to a comfortable seated position with your spine tall and shoulders relaxed. Take a purposeful inhale to your fullest capacity and exhale with an audible sigh. Repeat as needed.
18. **Seated Overhead Reach to Side Bend:** Extend one or both arms overhead. Lean gently to one side, exploring any stretch sensations to your side body. Hold to one side for 4–6 breaths. Switch sides.
19. **Seated Twist:** Place one hand on your opposite knee and the other hand behind you. Gently twist your torso while keeping your spine long. Hold to one side for 4–6 breaths. Switch sides.
20. **Seated Neck Movement:** Lower your chin toward your chest, then gently lift it. Explore turning your head side to side or lowering each ear toward your shoulder. Move slowly and observe your breath as you stretch.
21. **Supine Knee to Chest:** Lie on your back and hug one knee into your chest. Hold to one side for 4–6 breaths. Switch sides.
22. **Legs Up the Wall:** Lie on your back and extend your legs toward the ceiling, using a block or hands for support if needed. Allow gravity to assist you and rest here for as long as it feels comfortable.
23. **Supine Figure Four Stretch:** Cross one ankle over the opposite knee and gently pull the supporting leg toward your chest. Hold to one side for 4–6 breaths. Switch sides.
24. **Supine Twist:** Let both knees drop to one side while extending your arms wide. Keep your shoulders grounded and breathe deeply. Hold to one side for 4–6 breaths. Switch sides.
25. **Relaxation:** Rest in a comfortable position and let your body fully release into the floor. With each exhale, feel your body softening and your mind quieting. Stay here as long as you like, breathing naturally.

## Notes



## Sequence for Hips and Shoulder Mobility



## Summary:

This dynamic yoga sequence integrates gentle, intentional movements with mindful breathing, focusing on enhancing mobility in the hips and shoulders while cultivating full-body awareness and relaxation.

1. **Full-Body Stretch:** Inhale your fullest breath and exhale fully as you reach your arms overhead, stretching your entire body from fingertips to toes. Move slowly and dynamically as you stretch each limb as far as it is comfortable for you. Take 5–10 breaths to move and stretch.
2. **Limb Shaking:** Shake out your arms, legs, and shoulders while releasing short exhales. Release any tension with loose, fluid movements.
3. **Hip Rotations:** Place your hands on your hips and circle them in both directions. Keep your movements and breathing slow and intentional.
4. **Arm Circles with Torso Twist:** Circle your arms forward and backward, then gently twist your torso side to side with your arms relaxed.
5. **Leg Swings:** Hold onto a stable surface or balance unsupported and swing one leg forward and backward. Begin with small movements and explore your range of motion in each direction 5–10 times. Switch Sides.
6. **Chair Step Back to Lunge:** From Chair Pose, step one foot back into a low lunge. Keep your front knee aligned over your ankle. Repeat 3–5 times and switch sides.
7. **Table Pose:** Come onto your hands and knees. Align your wrists under your shoulders and knees under your hips.
8. **Resting Pose:** Lower into Child’s Pose or rest in a seated position. Take slow, steady breaths.
9. **Hip Flexor Stretch to Downward-Facing Dog:** From Resting Pose, hinge body forward to Kneeling Plank, dropping the hips toward the floor. From here, transition into Downward-Facing Dog, lifting your hips upward. Move between these two postures 3–5 times. *\*Resting Pose is an alternative option to Downward-Facing Dog.*
10. **Locust Pose:** Lie on your belly and pause for 3–5 breaths. When ready, inhale and lift your chest, arms, and legs slightly off the floor. Keep your gaze down and neck long. Hold for one inhale and one exhale. Repeat 3–5 times.
11. **Crocodile Pose:** Lie flat on your belly with your forehead resting on your hands. Relax your entire body.
12. **Pigeon Pose:** Bring one knee forward and extend the opposite leg behind you. Lower your upper body toward the floor.
13. **Resting Pose:** Return to Child’s Pose or rest in a comfortable seated position.
14. **Seated Transition for Boat Pose:** Come to a seated position, lean back slightly, and lift your feet off the floor. Balance on your sit bones with a long spine. Bring awareness to your active muscles as you breathe. Hold 3–5 breaths.
15. **Reverse Tabletop or Reverse Plank:** Place your hands behind you and lift your hips, forming a straight line from shoulders to knees or toes.
16. **Seated Side Bend:** Sit tall and extend one arm overhead. Lean gently to the opposite side, keeping your chest open. Take 3–5 breaths as you stretch to one side. Switch sides.
17. **Seated Forward Fold:** Extend or cross your legs and hinge from your hips, reaching forward. Breathe as slowly as is comfortable, releasing tension in the body with each exhale. Notice if the stretch changes as you relax and breathe.
18. **Supine Figure Four:** Lie on your back, cross one ankle over the opposite knee, and gently pull the supporting leg toward your chest. Continue to bring awareness to your breath and to any tension still held within your body. Relax your neck, hips, and shoulders. Switch sides.
19. **Supine Spinal Twist:** Drop your knees to one side, extending your arms wide. Keep your shoulders grounded. Continue breath awareness and release of body tension. Switch sides.
20. **Relaxation Pose:** Lie on your back with your arms relaxed at your sides. Close your eyes and allow your body to fully release tension.

## Notes



# Strength in Awareness: Engaging the Body Through Mindful Movement



## Summary

This sequence focuses on cultivating awareness of muscle engagement and alignment while integrating mindful breathing. Participants are invited to move intentionally, exploring each posture with curiosity and honoring their unique body's needs. By maintaining focus on breath and sensation, this practice promotes both physical strength and mental clarity.

1. **March and Shake:** Stand tall and lightly march in place, shaking out your arms and shoulders. Notice any release of tension with each movement.
2. **Standing Side Bend:** Reach one arm overhead and lean gently to the opposite side. Keep your chest open and your breath steady. Switch sides after a few breaths.
3. **Chair Pose with Pull and Reach:** Sink into Chair Pose and pull your elbows back, engaging your shoulder blades. Then extend your arms overhead, reaching upward through your fingertips.
4. **Mountain Pose with Lifted Hands:** Stand tall with your palms or fingertips together. Lift them slightly, keeping your shoulders relaxed and your gaze soft.
5. **Standing Forward Fold:** Hinge at your hips and let your upper body fold forward. Relax your head, neck, and shoulders.
6. **Half Lift:** Place your hands on your shins or thighs. Inhale to lengthen your spine and draw your chest forward.
7. **Low Lunge:** Step one foot back into a lunge, ensuring your front knee is over your ankle. Breathe into the stretch.
8. **Lunge with Twist:** From your lunge, place one hand on the floor and reach the opposite arm toward the sky, twisting gently.
9. **Plank Pose:** Step back into a strong plank, engaging your core. Keep your body in a straight line.
10. **Cobra Pose:** Lower to the floor and press into your hands, gently lifting your chest while keeping your elbows soft.
11. **Downward-Facing Dog:** Lift your hips toward the sky, creating an inverted "V." Relax your head and shoulders.
12. **Forward Fold:** Step your feet forward and hinge at your hips, allowing your upper body to release downward. Repeat.
13. **Warrior I to Pyramid Prep:** Step one foot back into Warrior I, bending your front knee and reaching your arms overhead. Straighten your front leg slightly to prepare for Pyramid Pose.
14. **Pyramid Pose:** From Pyramid Prep, straighten your front leg fully and hinge forward from your hips. Rest your hands on your shin, a block, or the floor. Repeat.
15. **Gate Pose (Right and Left):** Kneel on one knee and extend the opposite leg to the side. Reach one arm overhead and lean gently toward your extended leg. Switch sides after a few breaths.
16. **Cat and Cow Pose:** In Table Pose, exhale to round your spine (Cat) and inhale to arch your back (Cow).
17. **Hero Pose:** Sit back on your heels, keeping your spine tall and your hands resting on your thighs.
18. **Seated Twist (Right and Left):** Sit tall and place one hand on the opposite knee, twisting gently through your torso. Switch sides after a few breaths.
19. **Seated Chin Lift with Back Extension:** Lift your chin slightly while arching your back. Feel the engagement through your spine.
20. **Seated Forward Fold:** Extend your legs forward and hinge at your hips, reaching toward your feet.
21. **Bridge Pose:** Lie on your back with your knees bent. Press into your feet and lift your hips, engaging your glutes and core.
22. **Supine Knees to Chest:** Hug both knees to your chest and gently rock side to side.
23. **Supine Twist (Right and Left):** Drop both knees to one side while keeping your shoulders grounded. Switch sides after a few breaths.
24. **Relaxation with Prop:** Lie comfortably on your back with a prop under your knees or head. Close your eyes and let your body fully release.

## Notes



# Resilient Strength: Building Empowerment Through Mindful Movement

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## Summary

This practice emphasizes building physical strength and mental resilience through trauma-informed sequencing. Participants will move through phases of activation, centering, and dynamic postures, followed by grounding movements and relaxation. The sequencing is designed to prepare the body, engage the nervous system, and support regulation through opportunities for guided activation and self-soothing.

1. **Stomp and Shoulder Shrug:** Stand tall, gently stomp your feet on the floor, and lift your shoulders toward your ears. Exhale as you release your shoulders down.
2. **Standing March:** Lift one knee at a time in a light, rhythmic marching motion. Keep your spine long, shoulders relaxed, and movements intentional.
3. **Standing Side Reach:** Extend one arm overhead and gently lean to the opposite side. Keep your chest open and breathe deeply. Switch sides after a few breaths.
4. **Standing Twist:** Place your hands on your hips or extend them outward. Gently twist your torso side to side, moving with your breath.
5. **Chair Pose with Back Extension:** With feet grounded, hinge forward slightly from your hips. Reach your arms back alongside your body, keeping your chest open. Bring awareness to the stretch for several breaths.
6. **Standing Forward Fold:** Hinge at your hips and let your upper body fold forward. Relax your head, neck, and shoulders.
7. **Table Pose:** Come onto your hands and knees. Align your wrists under your shoulders and knees under your hips, keeping your spine neutral.
8. **Bird Dog with Floor Support:** Extend one arm and the opposite leg. If stable, lift both off the floor. Alternatively, keep hands and toes grounded for balance. Explore holding the posture through several breaths. Switch sides.
9. **Resting Pose:** Lower your hips toward your heels for Resting Pose or come to a comfortable seated position. Breathe deeply and bring awareness to any physical sensations you may be experiencing.
10. **Table Pose:** Return to your hands and knees, finding a neutral spine.
11. **Standing Forward Fold:** Lift your knees and walk your hands toward your feet, lifting your hips and pausing at a standing forward fold, allowing your upper body to relax.
12. **Mountain Pose:** Slowly stand tall with your feet grounded, shoulders relaxed, and arms by your sides. Lift through the crown of your head. Pause as you adjust to the standing posture.
13. **Warrior I with Reach:** Step one foot back, bend your front knee, and extend your arms forward. Keep your chest open and gaze straight ahead. Slowly begin to swing your arms forward and back as you inhale and exhale with each movement. Switch sides.
14. **Pyramid Hamstring Stretch:** Step one foot back and fold forward over your front leg. Keep your spine long and your hamstring gently stretched.
15. **Standing Forward Fold:** Fold forward from your hips, letting your upper body relax completely. Slowly lower to a seated position.
16. **Seated Chest Opener with Outstretched Arms:** Sit tall and extend your arms behind you. Open your chest and lift your heart forward.
17. **Boat Pose:** Lean back slightly, lift your feet off the floor, and engage your core. Keep your spine long and chest lifted.
18. **Relaxed Seat:** Pause in a relaxed seated position before transitioning to lie back on your mat.
19. **Single Knee to Chest:** Hug one knee into your chest while keeping the other leg extended or bent. Switch sides.
20. **Supine Knees to Chest:** Draw both knees into your chest. Gently rock side to side for a soothing stretch.
21. **Supine Twist:** Drop both knees to one side while extending your arms out wide. Keep your shoulders grounded. Switch sides.
22. **Supine Relaxation with Bent Knees:** Lie on your back with your knees bent and feet flat on the floor. Allow your body to relax into the ground.

## Notes





# PART FIVE

## Guidance for Self-Practice

Many individuals using this workbook may be practicing on their own, without a facilitator present. **Self-led, trauma-informed yoga encourages exploration, choice, and personal agency.**

To support **those using this guide for independent practice**, consider the following:

### Approaching Your Practice

- **Set an Intention**—Before beginning, take a moment to consider **what you need from your practice today**. Do you need **grounding, energy, or release**?
- **Give Yourself Permission to Adapt**—Your **body and nervous system change daily**—honor that. If a movement doesn't feel right, **modify it or pause**.
- **Move at Your Own Pace**—Unlike a guided class, self-practice offers the **freedom to linger, repeat, or change course** as needed.



## Journaling and Reflection (*Optional but Encouraged*)

Journaling can **deepen self-awareness** and **reinforce the benefits of practice**. Consider these prompts:

- ✓ “How did my body feel before and after practice?”
- ✓ “What sensations or emotions came up?”
- ✓ “What movement(s) felt most supportive today?”
- ✓ “What did I learn about my breath, posture, or energy?”

## Suggested Practice Pathways (How to Use This Guide for Self-Practice)

### **If You Need Grounding:**

Try sequences that focus on **slow movement, breath extension, and postures close to the ground** (e.g., Supported Confidence, Chair-Based Spine Mobility).

### **If You Feel Restless or Stressed:**

Explore **rhythmic, energy-releasing practices** before transitioning to stillness (e.g., Grounded Energy: A Regulating Practice).

### **If You Want to Build Strength and Focus:**

Try sequences that **engage core stability and balance** with steady breathwork (e.g., Strength in Awareness).

## **Final Thoughts: Your Practice, Your Journey**

Yoga is not about perfecting poses—it’s about **deepening the relationship between your body, breath, and awareness**. Whether you use this guide as a **teaching tool or a personal practice resource**, know that you are **your own best teacher**.

**Allow yourself to explore. Allow yourself to rest. Allow yourself to heal.**

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