

Exercise 1: Mindful Movement

This can be done seated or standing.

Essentially a combination of body scan with integration of some movement to introduce connection of awareness within movement.

*Option to close your eyes or soft gaze down to assist in connecting to the body

Start with breath. Notice the natural expansion and relaxation that happens from the innermost area of the lungs outward.

We have natural movement that is autonomic and continuous or movement that is voluntary. Take a moment and acknowledge that. Once you've done that, I encourage you to take a deep breath in the nose and out the mouth making a voluntary change to the breath. Afterwards, letting go of the conscious effort and shift focus to the feet.

Begin with awareness of the feet, remember that you have constant movement of blood flow through this area. Notice what parts of your feet are connected to the earth. Once you have become aware of your feet, begin playing with some small movement, once you have a sense that you've awoken and explored that body part, you can let go of the focused awareness and movement, and move upward into the legs.

Repeat for legs.

Repeat for torso.

Repeat for arms.

Repeat for head and neck.

Now, take a moment and recognize your whole body. On your next breath, expand with the inhale through the whole body perhaps finding a stretch, on the exhale allow for relaxation through the whole body.

Coming back to a comfortable seat. When you're ready come back to outward awareness (opening the eyes if closed).

Exercise 2: Trauma Sensitive Yoga (chair)

1. Seated Mountain Form

If you like, I invite you to sit lengthening the spine from your tail up each vertebra through your head crowned on top. Perhaps you stack shoulders over hips, shift knees to be in alignment with the hips and ankles under knees. Place hands wherever feels comfortable. *Consider this as your neutral spine recognizing the lengthening and natural curvature in relationship to your other body parts.*

Spinal Movement

2. Seated Cat/Cow

From your neutral spine, I invite you to find a rounding perhaps considering connection between your head and tail. Once you feel a natural stopping point, when you're ready, you can begin to arch in the opposite direction lifting the sternum toward the sky, lengthening the neck while lifting the chin. In your own time, feel free to move between each form. Notice the rhythm and your options to play with pace.

3. Gentle twist

Returning back to a neutral spine, we will begin to explore a gentle twist side to side. Continue to check in with the spinal lengthening and use the arms/hands to support the twist motion. If you like, take a moment to hold the twist at its natural stopping point for you. Remember that you can twist as far as you choose. Trying each side and moving through at a comfortable pace. Option: turning the head with the twist and the eyes

4. Lateral Spinal Movement

From the neutral spine, take a moment and explore shifting side with the upper body to experience lengthening in the lateral side. If you would like, you can take a few breaths before returning to neutral and trying the other side. Option: reach the same arm as the lengthened side.

Exercise 3: Words to Movement

As a group, choose 3 words from the list below and create a movement that represents each them. Consider how the movement is connected to the word and perhaps where that understanding comes from.

Wonder	Compassion	Loyalty	Concentration
Thoughtfulness	Support	Action	Appreciation
Knowledge	Adventure	Acceptance	Freedom
Persistence	Sensitivity	Satisfaction	Security
Transformation	Strength	Excitement	Kindness
Wisdom	Quietness	Flow	Courage
Thankfulness	Opportunity	Honesty	Cooperation
Love	Balance	Relaxation	Power

Exercise 4: The Coping Dance

1. The Challenge: Think about something that is a stressor, something difficult to get through. Develop a movement phrase that embodies and expresses this. (It does not have to be long, perhaps 1-3 movements)
2. The Coping: Identify something in your life or in yourself that helps you with difficult problems. Create a movement phrase that embodies that.
3. The Transition: Go back and forth between the challenge movement and the coping movement. Notice the transition between them. Find ways to connect each piece (Challenge-Transition-Coping)
4. Think of a title for it.

*You have now created a mini dance, congratulations! You have also explored the relationship from stressor to coping supporting your ability to recognize embodied behavioral patterns.