

Week One:

## EMPOWERING YOUR INTENTION



### MANTRA:

*"I now take my own power back,  
I am safe and I am free."*

- Louise Hay

### HOW IS YOUR HEART FEELING?

I invite you to write or draw anything before starting this process. Throughout this series, always know that this time is completely for you to do anything that feels most empowering and safe for you.



## PROGRAM INSPIRATION



“ ”

It is time we think more creatively, more holistically, more honestly and more intentionally about how to best support survivors in healing; move outside of our standard practices and typical referrals to finally meet the body, mind and spiritual needs of our diverse survivor population.

– Molly Boeder Harris, Founder & Executive Director of The Breathe Network

*This program provides students with a means of becoming reacquainted with their bodies and grounded in the present moment.*



Explore the benefits of  
**mindfulness**  
as you flow *breath to movement*  
in each trauma-informed yoga practice.

## 8-WEEK OVERVIEW



Each week will build upon the previous week and focus intentionally on a new theme, which is as follows:



## SURRENDER SOMETHING THAT DOES NOT SERVE YOU



Now I invite you to think of something you have been holding on to, something you want to let go of that is not allowing you to move forward perhaps in the ways that you would like.

I am going to read a quote that really speaks to this and I invite you to reflect on what comes up for you:

*"You will find that it is necessary to let things go; simply for the reason that they are heavy."*

Take the time you need to reflect. As you are ready, I invite you to:

1. Write down on a section of the next page something that you wish to let go of and detach from.
2. Cut/tear away a section and place it in the water bowl. This is a symbolic representation of letting it go.

Please know, that no one will be reading these cards. It may be the act of letting go of a negative bond, a negative thought process, habit, or whatever does not serve you any longer. It may be something seemingly small, or something bigger, which may set the groundwork for your journey towards healing and wellness.

**Learning to let go in a way that is symbolic and tangible as this, creates intention for inviting more positivity and healing into one's life.**

**SURRENDER SOMETHING THAT  
DOES NOT SERVE YOU**



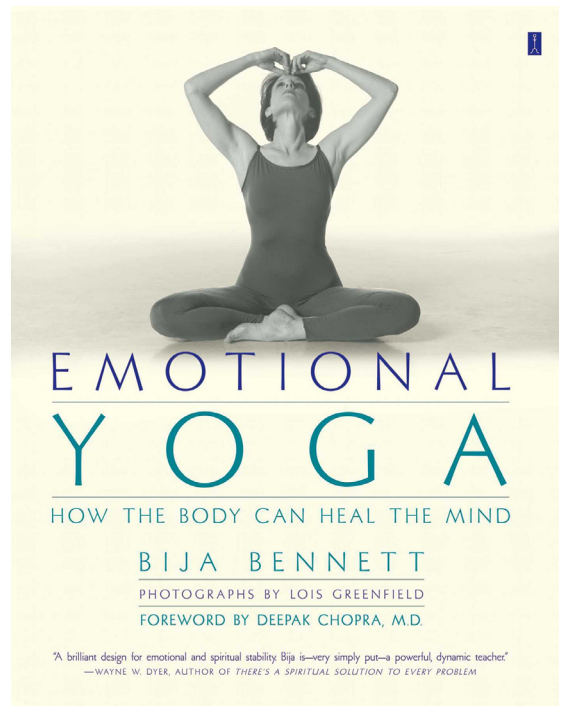


# EMOTIONAL YOGA

BY BIJA BENNETT



The Emotional Yoga book provides a complement to the physical practice and each chapter ties closely to the associated weekly theme, which will be illustrated throughout weekly worksheets, discussions, and healing activities.



Optional Reading  
for Week 2:

CHAPTER 1 & 2:

Allowance &  
Allegiance



## TRAUMA-INFORMED YOGA



### WHAT IS TRAUMA-INFORMED YOGA?

Trauma-informed yoga focuses on **empowering** and invitational language, focused on **choices**.

Throughout class you might hear me say things like:

“As you’re, ready”

“If you’d like”

“You are in control of your practice”



Remember that there is *no right or wrong way to participate in this practice*. I am here just as a support- **you know your body best**.

There are **no physical assists** in trauma-informed yoga. It is not my intention as the yoga instructor to dictate specific ways to be in a pose. I am here to help you to connect deeper to what feels best for you.

The practice helps to **cultivate a safe, supportive, non-judgmental environment** and provides a way of becoming more friendly with your body.

Trauma-informed yoga cultivates strength and flexibility *without force*, emphasizes self-awareness and self-regulation, and allows you to connect to your **own personal exploration** of the postures.

The practice does not dictate specific ways to breathe, rather it is about **connecting to your natural, authentic breath** - breathing in and out in ways that feel best for you.



## FREEDOM AWAITS... LET THE JOURNEY BEGIN



From "Light on Life" - B.K.S. Iyengar

"Yoga allows you to rediscover a sense of wholeness in your life, where you do not feel like you are constantly trying to fit the broken pieces together. Yoga allows you to find a new kind of freedom that you may not have known even existed. To a yogi, freedom implies not being battered by the dualities of life, its ups and downs, its pleasures and its suffering. It implies equanimity and ultimately that there is an inner serene core of one's being that is never out of touch with the unchanging, eternal infinite.

Yoga releases the creative potential of life. It does this by establishing a structure of self-realization, by showing how we can progress along the journey, and by opening a sacred vision of the ultimate, of our divine origin, and final destiny. The light that yoga sheds on life is something special. It is transformative. It does not just change the way we see things; it transforms the person who sees. It brings knowledge and elevates it to wisdom.

To know oneself, is to know one's body, mind, and soul. Yoga is like music...the rhythm of the body, the melody of the mind, and the harmony of the soul create the symphony of life. The inward journey will allow you to explore and to integrate each of these aspects of your being. From your physical body, you will journey inward to discover your 'subtle bodies'- your energy body, where breath and emotions reside; your mental body, where thoughts and obsessions can be mastered; your intellectual body, where intelligence and wisdom can be found; and your divine body, where the universal soul can be glimpsed.

You do not need to seek freedom in some distant land, for it exists within your own body, heart, mind, and soul. Freedom and bliss await you, but you must choose to embark on the inward journey to discover it."



## LETTERS TO SELF



I now invite you to spend a few moments writing a letter to yourself. It may include perhaps what you hope to achieve by the end of the program. It may serve as an intention that resembles a short term or long term goal. This letter is **completely for you**. What would becoming your most authentic self look like? What would it feel like?

Feel free to use this sheet to write your letter to yourself and seal it in the envelope you are given. Feel free to return it to me whenever you are ready. No one will read this letter. I will give it back to you at our closing class so you can reflect on your growth during the 8 weeks of the program.



**LETTERS TO SELF (CONT'ED)**



A large, empty rectangular box with a black border, intended for writing. It is decorated with a green diagonal brushstroke in the top right corner and a green diagonal brushstroke in the bottom left corner. A green mandala is located in the bottom right corner of the box.

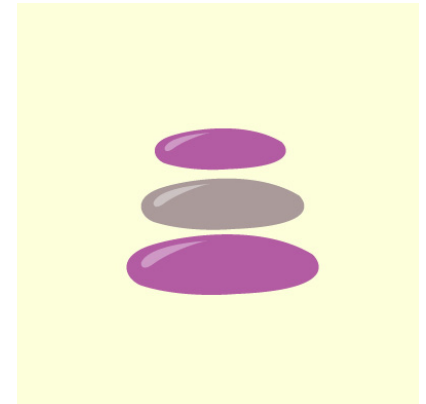


## OTHER STRATEGIES FOR HEALING



### Intention Rocks

Each of you have an intention rock and metallic pen in front of you. I will have one for you each class. Feel free to write your intention for class each week. It could be the theme from the class or perhaps it is something you need a little more of that week in particular. You can also use it as a mantra throughout your practice. Maybe you prefer to have it with you as a reminder for what you are hoping to cultivate.



### Journals

You each have a journal as well. Feel free to use this at anytime to journal your thoughts throughout this series or even during class if you prefer.

### Safety Jars

Lastly, you might be wondering what the mason jars are in front of you. These are safety jars to reinforce creating safety and establishing a self-care routine in your lives. You can take these home and decorate them with items that help you feel safe, happy, and whole. You can decorate them with quotes or special mementos or pictures. It's entirely up to you. You can bring this back to share with the group next week or throughout the series, whenever it feels comfortable for you. These jars are a container for your intention rocks and become a physical representation of all of the work you have put into your healing process.



## BUILDING YOUR SAFETY JAR



This week I invite you to journal about the things that help you feel safe, happy, and whole. You can start collecting special momentos, quotes, or anything that reminds you and helps you feel connected to those feelings of safety. Throughout the 8-week program, feel free to continue decorating your safety jar.

Journaling: What might you decorate your safety jar with?

A large, empty gray rectangular area intended for journaling or drawing.

**EMBODY WHO YOU ARE**  
INTO YOUR PHYSICAL PRACTICE



## Week 1

THEME: Intention and Orientation

MANTRA: I now take my own power back.  
I am safe and I am free.

HIGHLIGHT  
POSTURE:

Seated meditation,  
one hand on heart,  
one hand on belly



**WEEKLY SELF-CARE CHECK-IN:**

"There comes a time when the world gets quiet and the only thing left is your own heart. So it's important to learn the sound of it. Otherwise you'll never understand what it's saying" - Sarah Dessen, *Just Listen*



**Take time after each week just to check-in with you.**

How is your body? How is your breath? How is your heart?

A large, empty grey rectangular box intended for a weekly self-care check-in.

I invite you to take a deep full inhale and an open mouth exhale. Maybe notice both of your feet on the ground.

Notice what is going on both physically and emotionally.

Know that you don't need to change anything about yourself.

*You are enough exactly as you are.*