

EMBODY WHO YOU ARE
INTO YOUR PHYSICAL PRACTICE



Week 6

THEME: Strength + Trauma-Informed Art

MANTRA: I am not defined by what has happened to me. I am what I choose to become. I have the right to be strong.



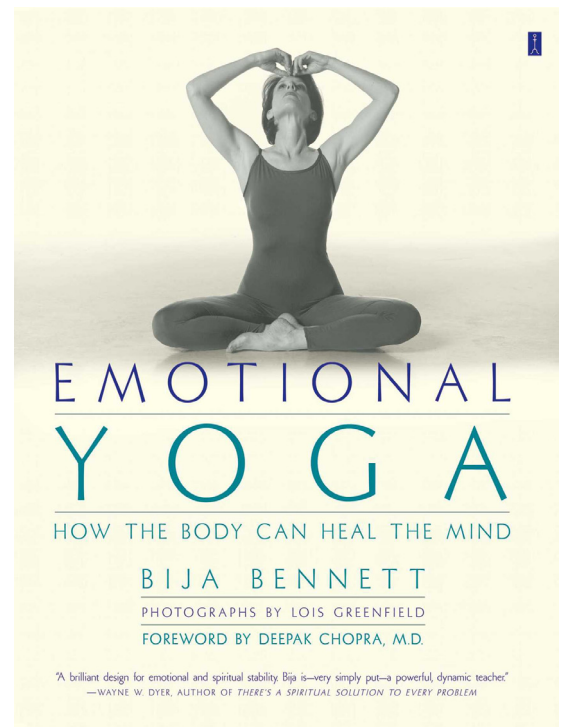
HIGHLIGHT
POSTURE:
Crescent Lunge or
Plank

FOR NEXT WEEK...



Optional Reading
for Week 7:

CHAPTER 7:
Wisdom



OPTIONAL HOMEWORK:

Continue to fill out this strength worksheet and reflect on your self-dialogue.

How does it feel when you reframe your thoughts to be more nurturing and accepting?

WEEKLY SELF-CARE CHECK-IN:

"I can change my self dialogue and develop my inner strength"
- Yoga as Healing Participant



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 participant's self-care check-in notes.

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.