

Week Eight:

## ACCEPTANCE & COMMUNITY

Limb 8: Synergy



### MANTRA:

*I am present within myself.  
I can center myself with my breath.  
I feel grounded, confident, worthy, and whole.  
I am enough.*

### WEEKLY CHECK-IN

What has been your sunshine and cloud for the week?



## YOGA EXISTS WITHIN YOU

"I love myself. The simplest, most powerful revolution of all."  
- Nayyirah Waheed



### *From tools learned to life practiced*

Remember that you can take these experiences off of the mat and into your lives. The lessons you have learned around setting boundaries, assertiveness, and self care can be infused into your lives when painful experiences or triggers may arise. Remember that you have all of the tools within you to heal.

I invite you to use this as an opportunity to reflect on the program as a catalyst for your continued healing off of the mat. Perhaps reference to your journal entries, notes, and worksheets from each week of this series to help guide your reflection here.

#### WEEK 1 | INTENTION & ORIENTATION

Tools learned:

How you continue to practice this in your life:

What is something you can do in the next 24-48 hours that will encourage this continued practice?

#### WEEK 2 | SAFETY

Tools learned:

How you continue to practice this in your life:

What is something you can do in the next 24-48 hours that will encourage this continued practice?

**YOGA EXISTS WITHIN YOU (cont'ed)**



**WEEK 3 | MINDFULNESS & SELF-CARE**

Tools learned:

How you continue to practice this in your life:

What is something you can do in the next 24-48 hours that will encourage this continued practice?

**WEEK 4 | BOUNDARIES**

Tools learned:

How you continue to practice this in your life:

What is something you can do in the next 24-48 hours that will encourage this continued practice?

*"I learned acceptance. I learned that I am who I am and  
that is enough."*

- Yoga as Healing Participant

**YOGA EXISTS WITHIN YOU (cont'ed)**



**WEEK 5 | ASSERTIVENESS**

Tools learned:

How you continue to practice this in your life:

What is something you can do in the next 24-48 hours that will encourage this continued practice?

**WEEK 6 | STRENGTH**

Tools learned:

How you continue to practice this in your life:

What is something you can do in the next 24-48 hours that will encourage this continued practice?

*"I feel so **empowered** and so ready to take care of myself on my healing journey."*

- Yoga as Healing Participant



## YOGA EXISTS WITHIN YOU (cont'ed)

### WEEK 7 | TRUST

Tools learned:

How you continue to practice this in your life:

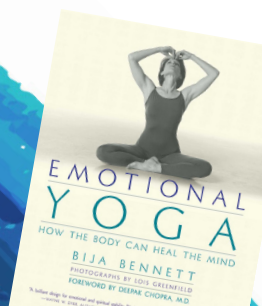
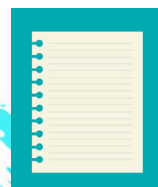
What is something you can do in the next 24-48 hours that will encourage this continued practice?

### WEEK 8 | ACCEPTANCE & COMMUNITY

Tools learned:

How you continue to practice this in your life:

What is something you can do in the next 24-48 hours that will encourage this continued practice?



## LIMB 8: SYNERGY



CONNECTION TO **EMOTIONAL YOGA**, "LIMB 8: SYNERGY":

Synergy opens you to new information, a new creation, and new ways of feeling and thinking.

From synergy, you begin to see the situation from a new place.

Synergy is a way of living your life with a fresh, new, unbounded energy. Once you learn this kind of living in the present moment, you can take it with you everywhere.

We have an amazing capacity to transcend- to incorporate what went before with fresh components to create something new and to make important changes in our lives to support our healing.

"To trust chaos is a learned behavior.

**Deep inside your system's chaos lies an extraordinary kind of order.**

The truth is, chaos and order are barely one step away from each other.

Unsettling as it may seem, your emotional confusion, disturbance, or doubt is simply the journey of your systems moving into and out of chaos- or into and out of order" (p. 186).

**"The light in me honors  
the light in you."**



## 8-WEEK SERIES OVERVIEW: CONTINUE THE EMBODIMENT OF YOUR HEALING

Use these Yoga as Healing cards to continue practicing embodying your healing in your physical practice. If it serves you, cut these cards out and use them wherever and whenever you 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

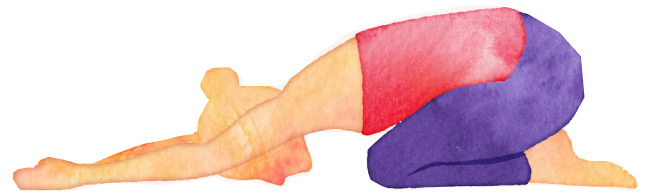


### Week 2

THEME: Safety

MANTRA: I am safe, I am loved, I am  
home, I am in my body.

HIGHLIGHT POSTURE: Child's Pose



### Week 3

THEME: Mindfulness + Self-Care

MANTRA: I am enough. I allow myself  
to rest. I am wise, beautiful, and strong. I  
have so much  
goodness to give and receive. I am here  
to do my best.

HIGHLIGHT  
POSTURE:

Necks rolls/Self  
massage



### Week 4

THEME: Boundaries

MANTRA: My boundaries  
guide me to wholeness and  
truth. I give up freely what is  
no longer serving me. I release  
it to create space for what  
inspires me.

HIGHLIGHT POSTURE:  
Mountain Pose



**8-WEEK SERIES OVERVIEW:  
CONTINUE THE EMBODIMENT OF YOUR HEALING  
(cont'ed)**



**Week 5**

THEME: Assertiveness

MANTRA: I am courageous, I am fearless, I am whole, I stand in my power.

HIGHLIGHT POSTURE: Warrior II

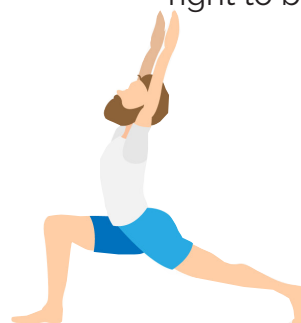


**Week 6**

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



**Week 7**

THEME: Trust

MANTRA: I am rooted, but I flow. I trust in my body and breath to be my guide.

HIGHLIGHT POSTURE:  
Arm Circles or Tree Pose



**Week 8**

THEME: Acceptance and Community + Drumming

MANTRA: I am present within myself. I can center myself with the ease of my breath. I feel grounded, confident, worthy, and whole. I am enough.

HIGHLIGHT POSTURE:  
Star Pose





## HOW IS YOUR HEART?



I want to give you the opportunity to share anything about what this experience has been like for you. I invite you to use the space below to write/draw your thoughts. We will also have an opportunity to express our sentiments later through drumming.

A large, empty rectangular box with a pink border, intended for writing or drawing thoughts.





## A FINAL REMINDER...TO CHOOSE YOU

“ ”

Most of my life has been spent trying to shrink myself. Trying to become smaller. Quieter. Less sensitive. Less opinionated. Less needy. Less me.

Because I didn't want to be a burden. I didn't want to be too much or push people away. I wanted people to like me. I wanted to be cared for and valued. I wanted to be wanted.

So for years, I sacrificed myself for the sake of making other people happy. And for years, I suffered.

But I'm tired of suffering, and I'm done shrinking. It's not my job to change who I am in order to become someone else's idea of a worthwhile human being.

*I am worthwhile.*

Not because other people think I am, but because I exist, and **therefore I matter**. My thoughts matter. My feelings matter. My voice matters. And with or without anyone's permission or approval, I will continue to be who I am and speak my truth. Even if it makes people angry. Even if it makes them uncomfortable. Even if they choose to leave. I refuse to shrink. **I choose to take up space**. I choose to honor my feelings. I choose to give myself permission to get my needs met. I choose to make self-care a priority.

*I choose me.*

— Daniell Koepke

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

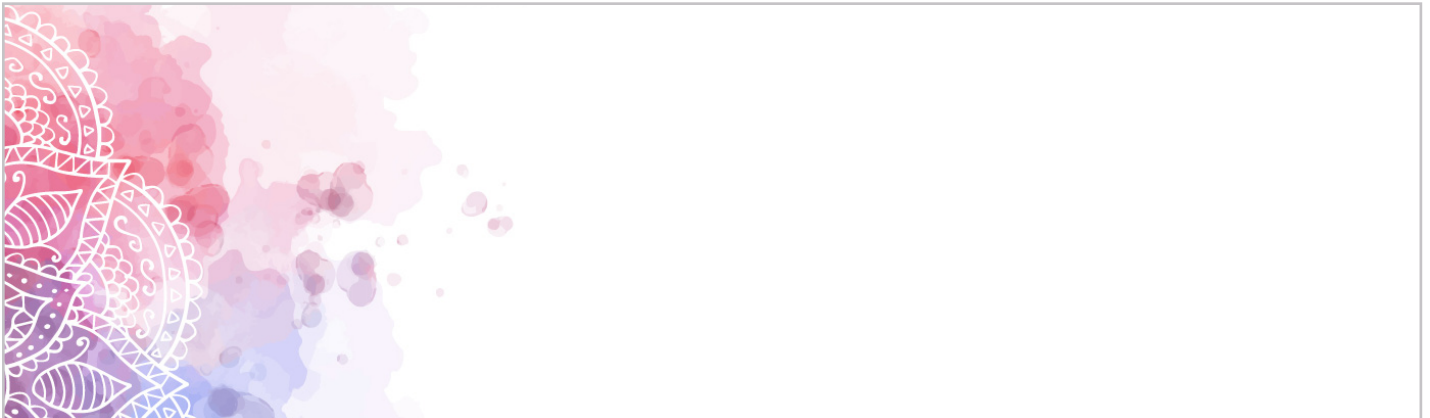


*"There is no such thing as always. There is no such thing as never.  
There is only now. Feel your feet on the ground. Feel the breath  
moving through the belly, through your spine. Take your rightful  
place in this world. This day is yours. You have the power of the  
earth in you, of  
mountains,  
and of great seas. Do not pretend to be small."*

-Jeff Foster

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

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



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.

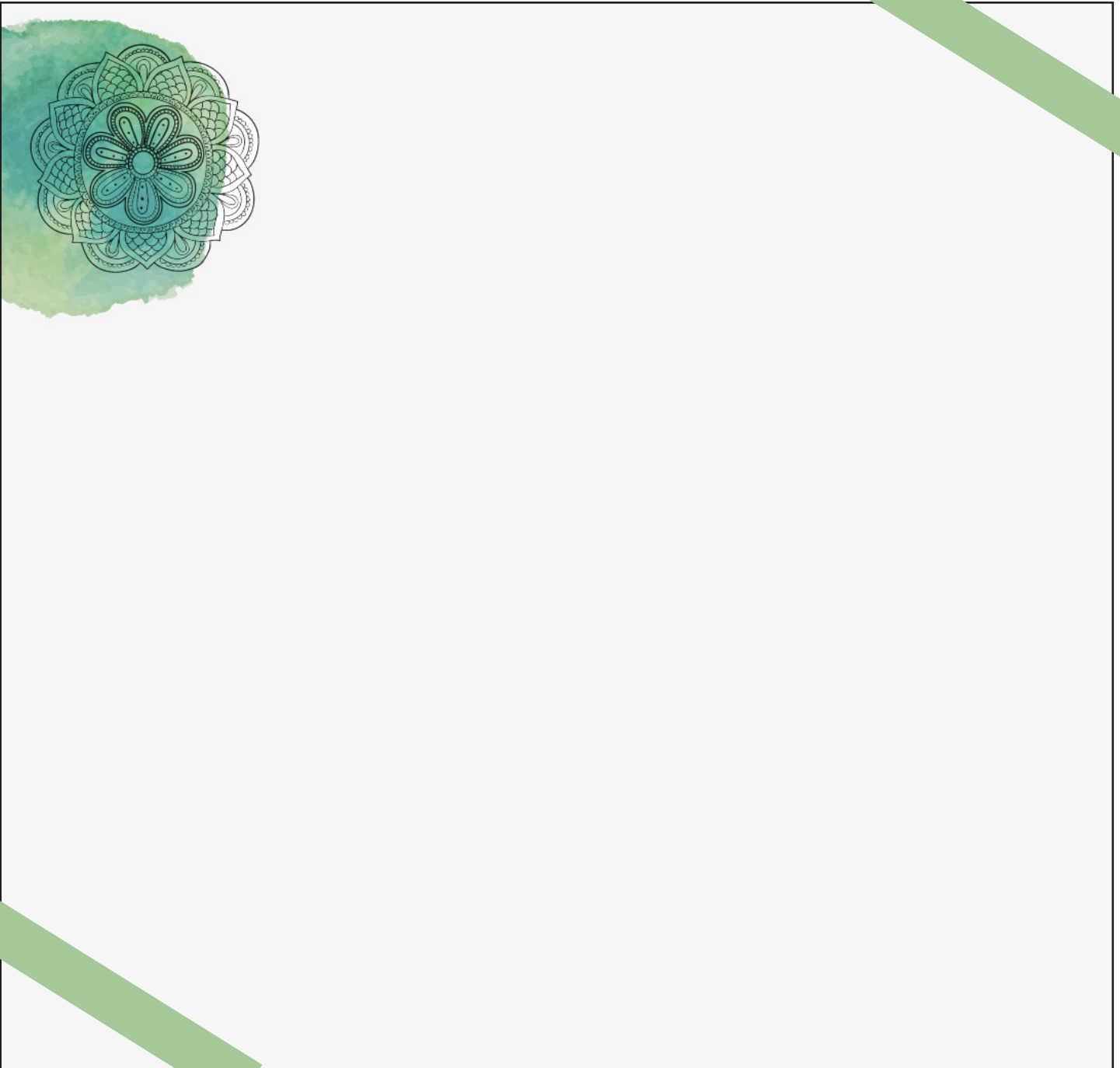
Know that you don't need to change anything about yourself.

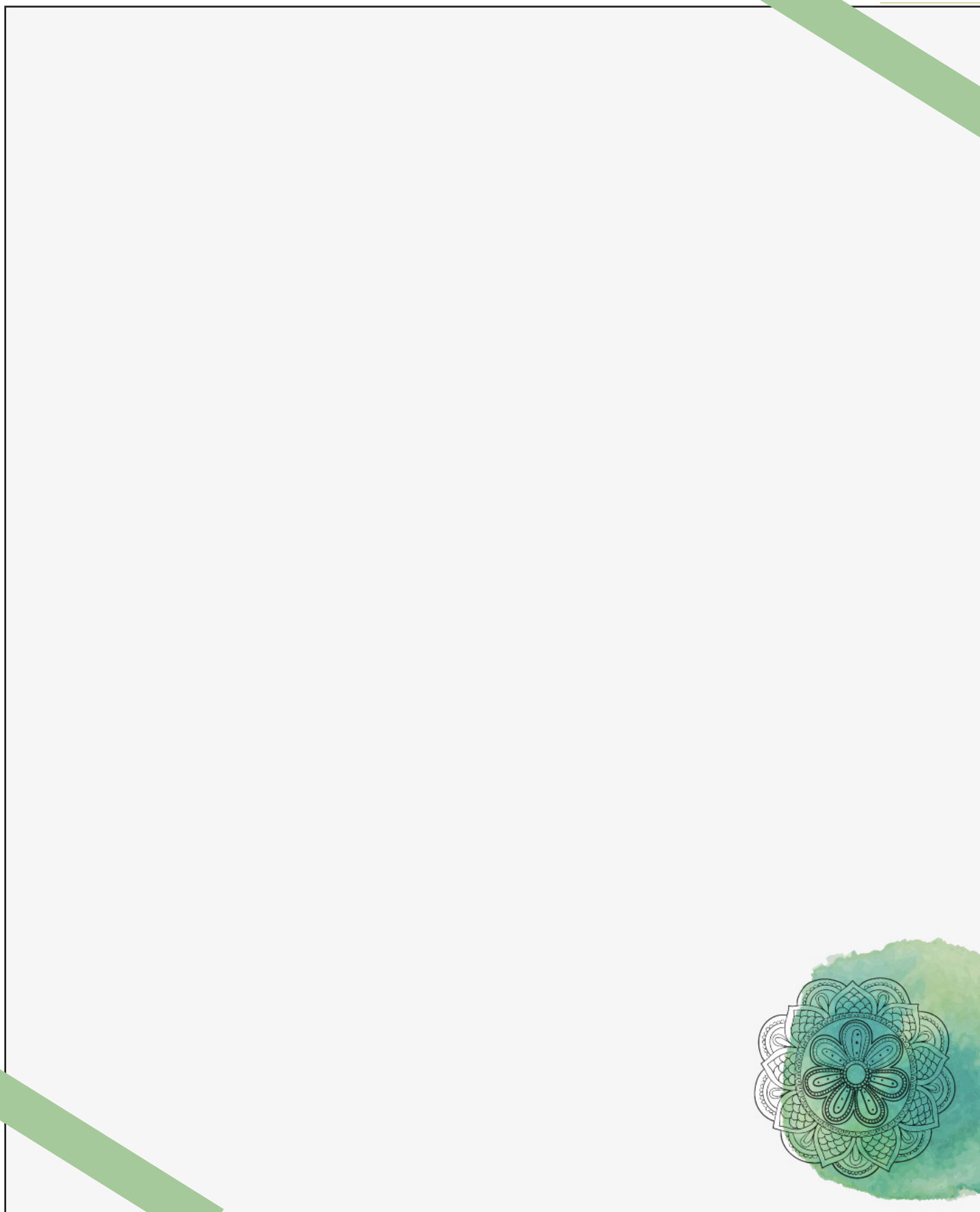
*You are enough exactly as you are.*

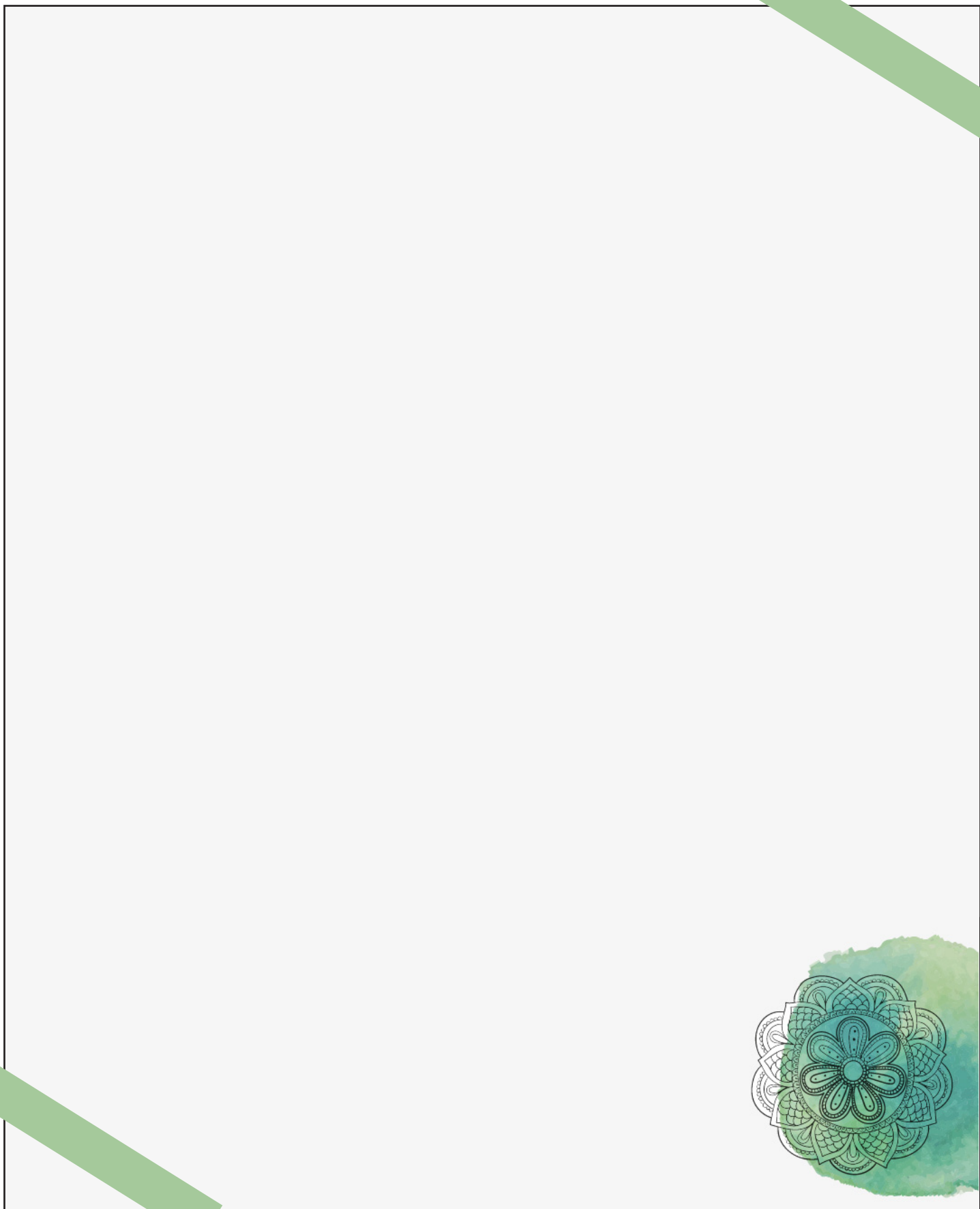
## JOURNALING & MANDALAS

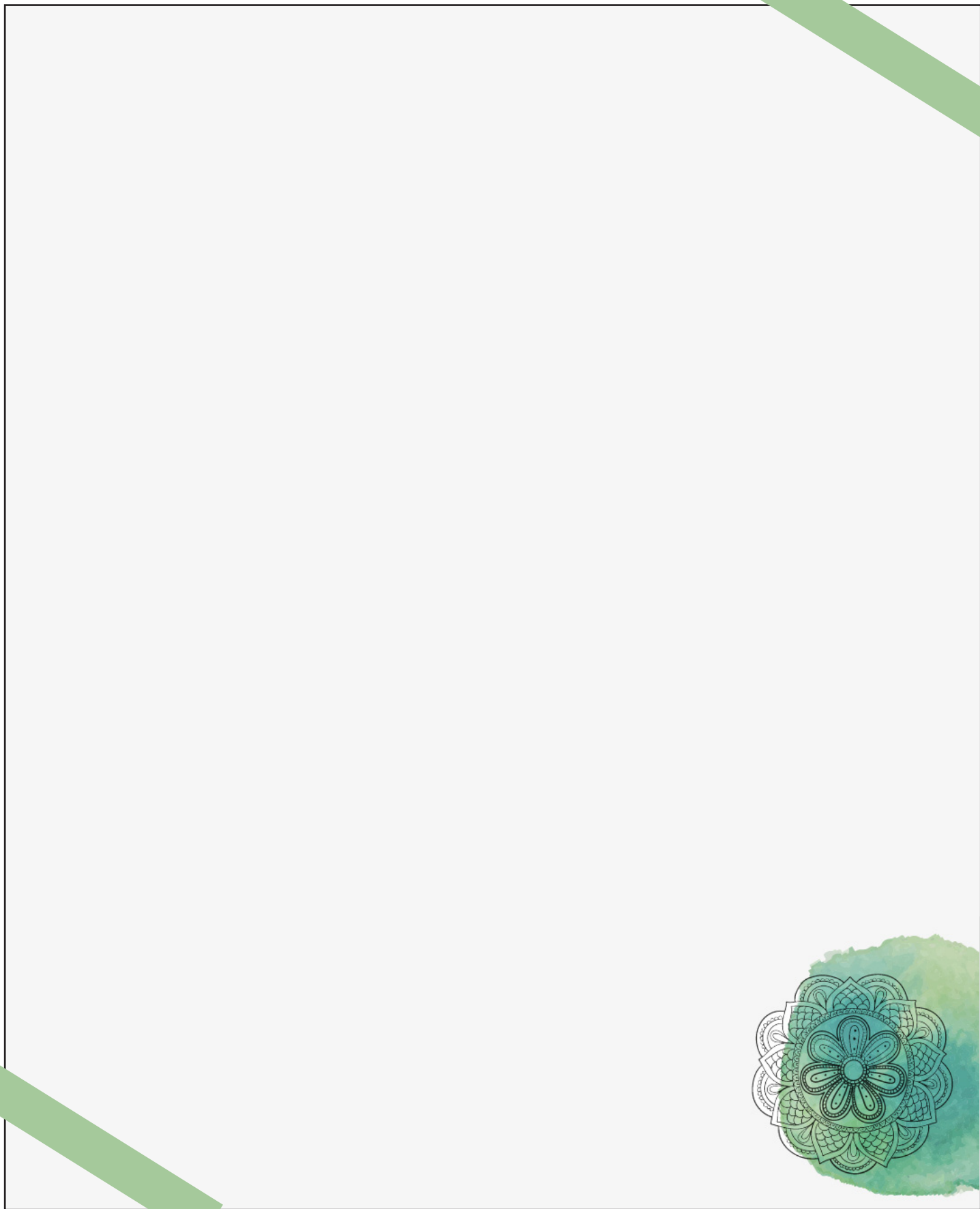


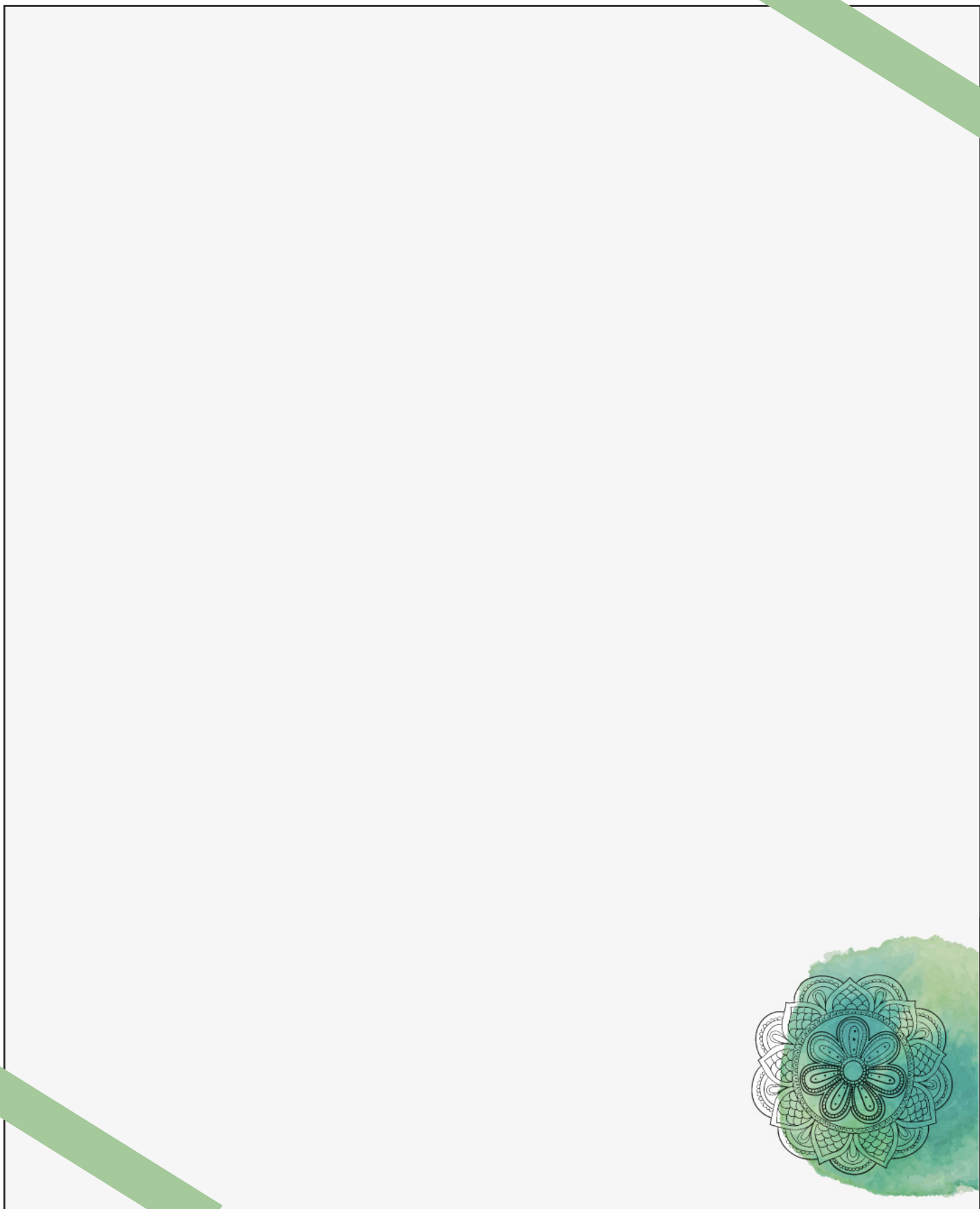
Use these journaling pages and mandalas to continue to incorporate mindfulness, self-care, and reflection as you continue your healing process.







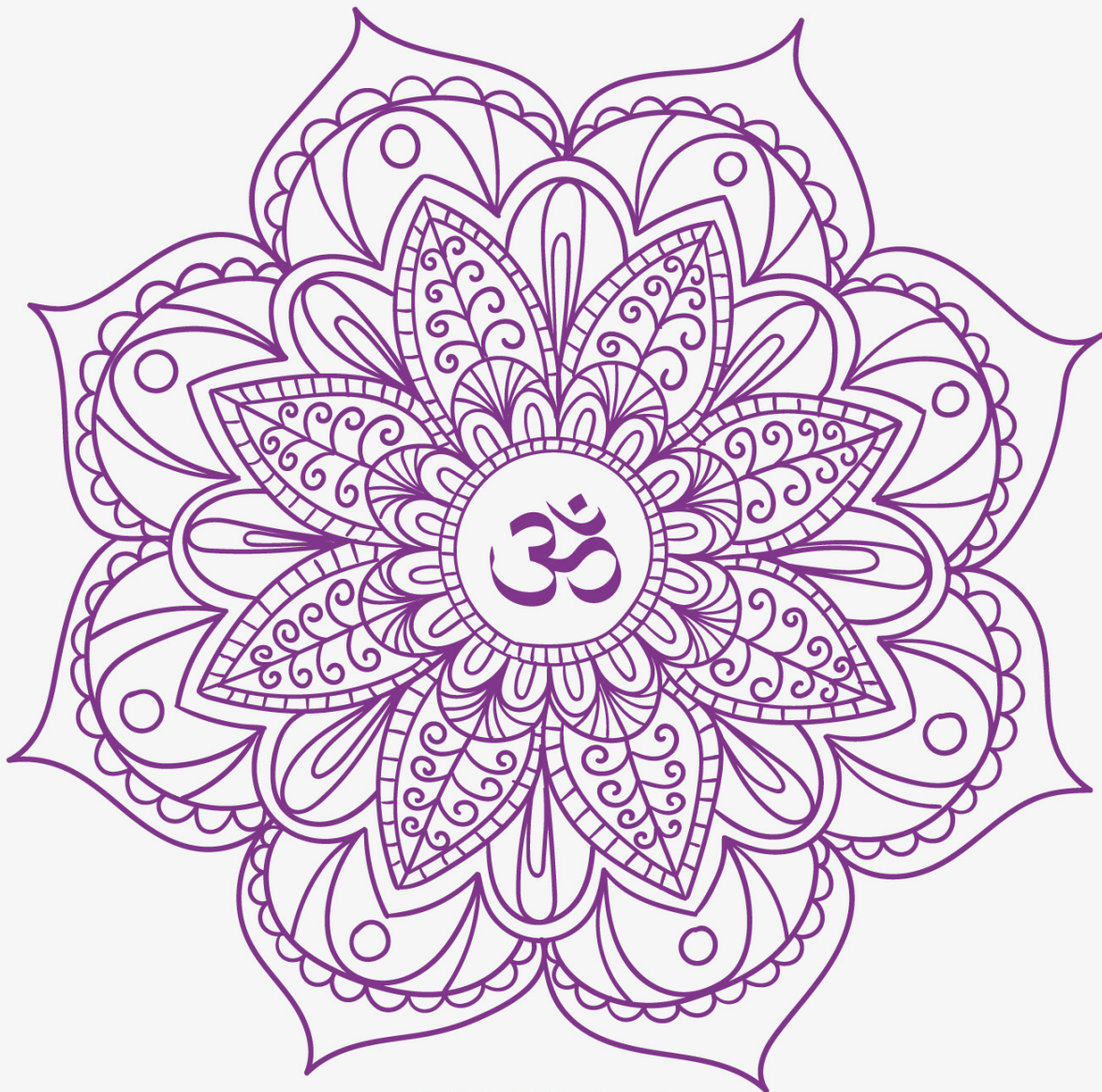






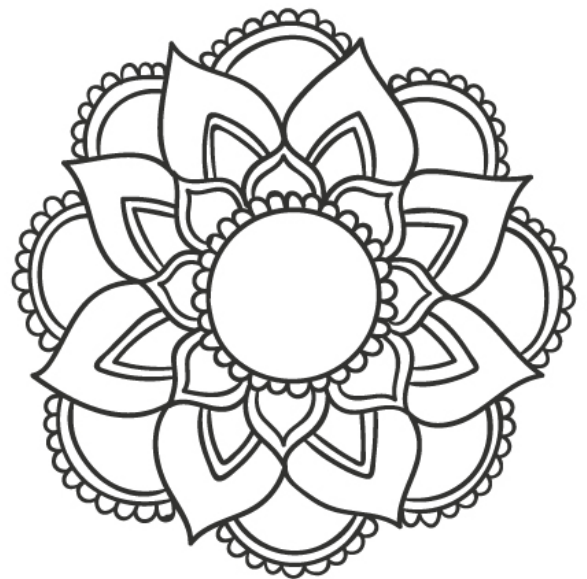
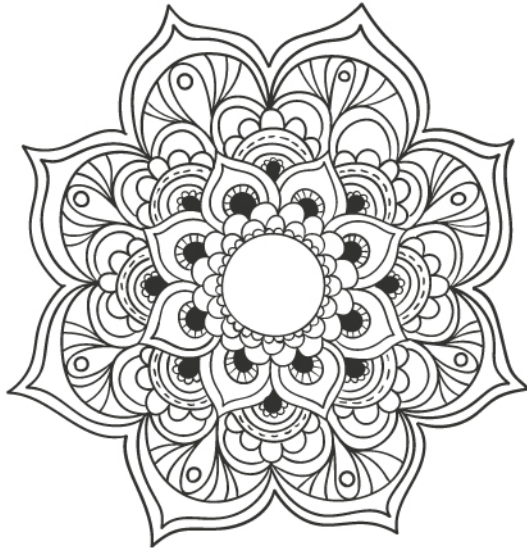
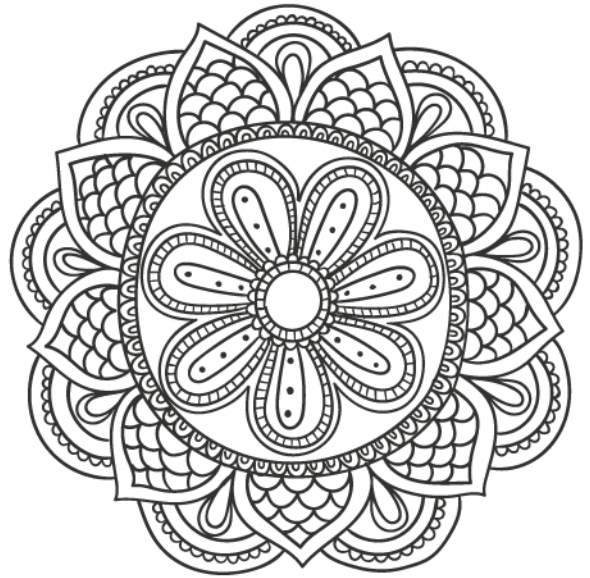
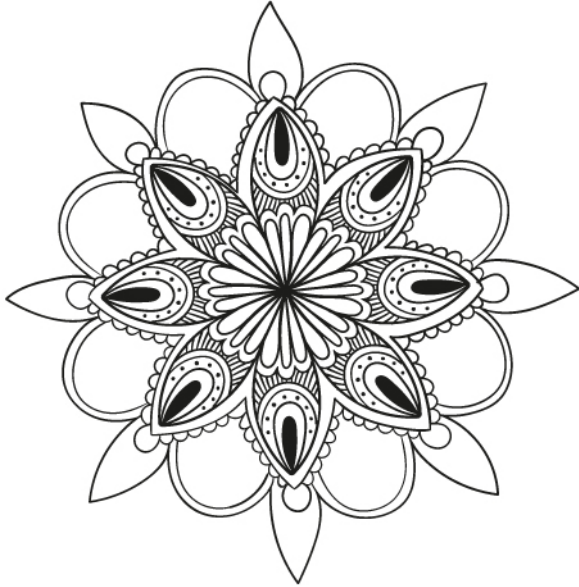
*"There is no such thing as always. There is no such thing as never. There is only now. Feel your feet on the ground. Feel the breath moving through the belly, through your spine. Take your rightful place in this world. This day is yours. You have the power of the earth in you, of mountains, and of great seas. Do not pretend to be small."*

*-Jeff Foster*



MANDALA

*"I survived because the fire inside me burned stranger than the fire around me."*





*"Occasionally in life, there are those moments of unutterable fulfillment which cannot be completely explained by those symbols called words. Their meanings can only be articulated by the inaudible language of the heart."*

*- Martin Luther King Jr.*

