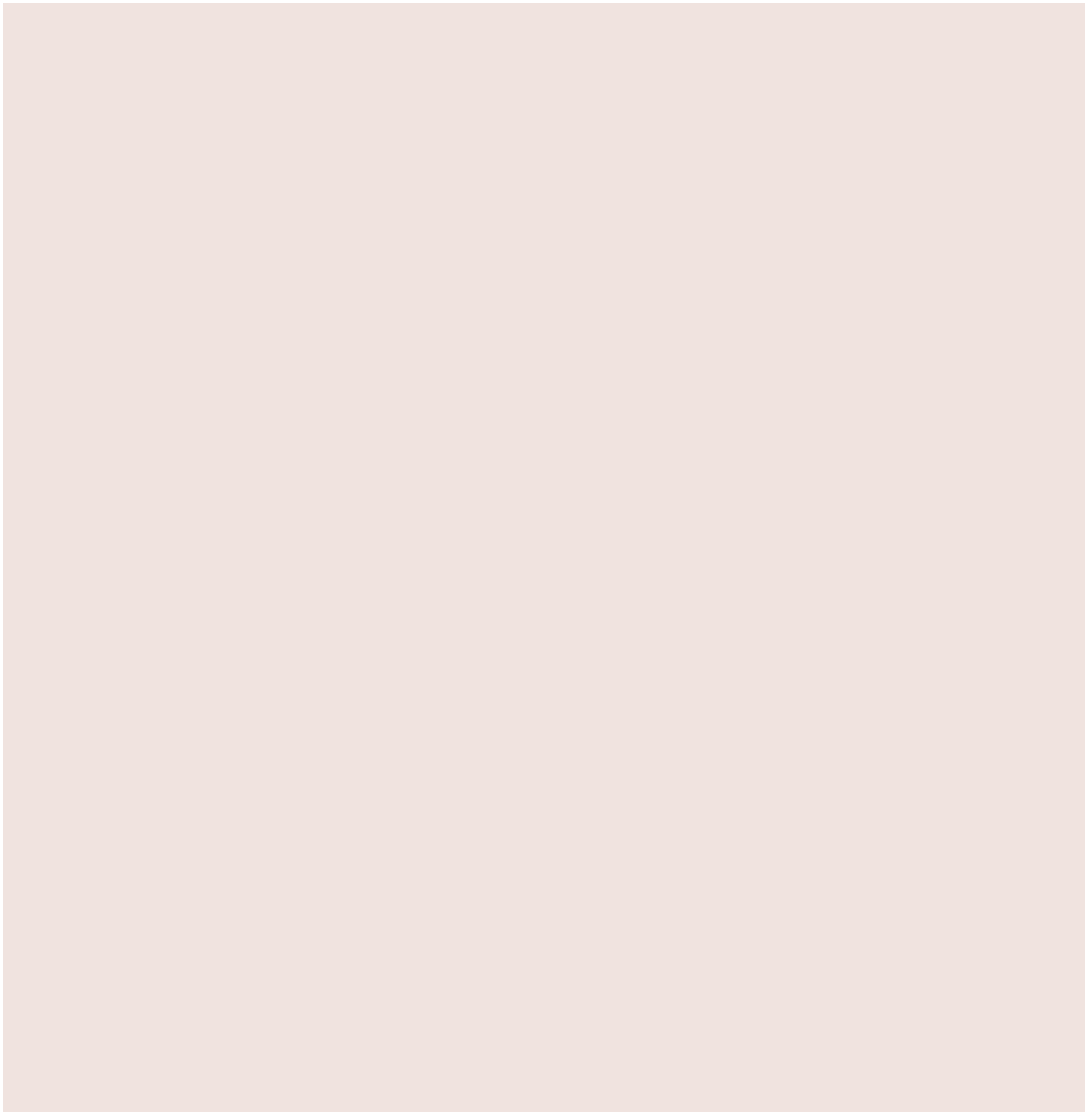


# Notes & Key Takeaways



# Homework

## In Class Assignment

### Assignment 1

**Learning Objective:** Be able to confidently and comfortably teach up-regulating yoga forms in a trauma-responsive manner through a structured teaching methodology.

**Task:** Choose three yoga forms and teach them to your group.

### Assignment 2

**Learning Objective:** Be able to create an RfR sequence based on a case study and justify the choices made for each element.

You will choose one of the principles of growth as a theme.

**Task:** You will have 45 minutes to create an RfR sequence with your group focused on the areas of positive embodiment, using the four domains of Trauma- informed, Mind & Body Wellbeing Practices:

Mindful practice (mindful focusing practice),  
Physical practice (physical poses),  
Inquiry (mind and body) and  
Assisting and support (relationships)

You will then have 20 minutes to orally present and share decisions to the whole group.

OVERVIEW Example

Review the context of Inner Resources (Empowerment and Worth)

Introduce Principle- I AM WORTH THE EFFORT (step one)

Engage in mindful practice (step two), physical practice (step three), and inquiry (step four) infusing assisting and support guidelines throughout the session.

Conduct inquiry session on self-worth and effort (step four).

See manual PDF for more detailed overview and review of RfR Method of Sequencing.

# Resources

## Suggested Literature/Readings/Books

Case Studies:

Yoga Communities and Eating Disorders:  
Creating Safe Space for Positive Embodiment  
Catherine Cook-Cottone, 1 Laura Lee Douglass

[https://www.yogisinservice.org/\\_files/ugd/9c6c7a\\_93fceaed02b14c2a995b5beca17fd895.pdf](https://www.yogisinservice.org/_files/ugd/9c6c7a_93fceaed02b14c2a995b5beca17fd895.pdf)

SEL Capstone Project Prep  
Review Sample Thesis: Yoga and mindfulness in the self-contained classroom

## Suggested Videos

African Yoga Project  
Example of using SAFETY  
Principle 3: I DESERVE TO BE SAFE

<https://youtube.com/watch?v=Jew9Pdn4dtk&feature=shares>

Janina Fisher: Integrating somatic approaches to trauma with 'parts' language

[https://youtube.com/watch?v=Q2h6ihgDC\\_k&feature=shares](https://youtube.com/watch?v=Q2h6ihgDC_k&feature=shares)

How can you use part language in the yoga room?

# Reflection

Reflect on the assignments and journal about what came up for you. What did you enjoy? What parts were met with resistance? What parts of the TRMBW™ practice are you looking forward to evolving, creating or expanding on?

