

Mindful Movement

This Wellbeing Program is typically offered as four weekly sessions of 60-minutes each. It can be virtual or in-person.

PROGRAM OVERVIEW

In this course, we explore the embodied experience of mindfulness as a foundation for resilience (and the self-regulation of the nervous system it often demands).

Practicing mindfulness together during class, we will experience a range of ways to engage whole-body awareness as we move through simple poses, postures, and dynamic gestures.

Practicing in the contexts of everyday life (in between classes), we will observe the situations that challenge us to maintain mindfulness.

You will experiment with regulating your nervous system using the dynamic body poses and somatic strategies offered, in order to see which help you maintain full presence in those moments of challenge.

Willingness to practice daily and explore what works well for you is the only prerequisite!

Week 1 - Mindfulness & Maintaining Presence

Week 2 - Posture & Pose

Week 3 - Standing & Walking

Week 4 - Dynamic Movement & Release

IMPACTS & OUTCOMES

- Embodied understanding of how mindfulness feels in action
- Growing confidence in utilizing mindfulness 'off the cushion'
- Experience with using somatic strategies for self-regulation
- Openness to using mindfulness to work through challenging emotions



ADDITIONAL INFORMATION

Frequently Asked Questions

Is it mandatory that I attend all sessions?

Everything is opt-in for this course, but we do recommend attending all sessions, as they build upon one another and are designed as a sequence. The initial session is of particular importance, as we offer foundational instruction in mindfulness practice— both in stillness, and in everyday life. That said, we will begin each session with a brief mindfulness practice, and those who have prior experience with mindfulness should find any session easy to follow.

Can I participate if I have limited mobility?

Definitely. Each unique body has its own abilities and sensitivities, and mindfulness is a practice of being with “what is.” Mindfulness can support us in accepting and appreciating whatever we’ve got to work with. Most important is to show up to sessions ready to dive in to full presence and attention. When you adopt a mindful outlook, you may be surprised to hear what your body has wanted to say for some time.

Do I need to bring clothes or equipment?

Comfortable clothes and seat (on a chair, or on the floor) are the only equipment required for the first class. If you are able to bring a yoga mat or put a blanket on the floor for Week 2, that is recommended. During Week 3 and Week 4, we will be walking and exploring the body’s gestures in space, so having a large area you can explore freely will be helpful.

Will there be homework between sessions?

Each course session is an introduction to the concepts and practices you are invited to engage with over the week that follows. The course sessions themselves provide initial exposure to new practices; the greatest value of the course comes from the time and attention you put into applying the practices.

What happens if there are technical issues? (e.g. Zoom freezes etc.)

As we navigate the virtual world, there is always the possibility that the unexpected can occur. If something goes amiss during a session, we encourage you to first logout and try logging back in. If you run into technical problems on your device or network, please email ops@experienceyol.com and we’ll do our best to assist.

Visit www.experienceyol.com and contact us [here](#) for more information.