

Session 1: Foundations of Breath, Awareness & Gentle Movement

Theme: *Ahimsa and cultivating self-compassion.*

Centering

- Supine relaxation and centering with props
- Dirga (Three-Part Breath) lying supine with props.
- Gentle awareness of the abdomen, ribcage, and chest expansion.
- Affirmation
- Om

Seated

- Sukhasana on bolster
- Seated shoulder rolls, neck stretches.
- Cat-Cow
- Seated lateral stretches and gentle seated twists

Standing

- Wide-stretched arms, external shoulder rotation, breathe 360 focusing on chest.
- Eagle – breathe into back to Eagle backbend.
- Side twist, R arm down, L arm alongside ear – L shoulder to forward/R back, open shoulders – Breathe 360 focusing on L side.

Tabletop

- Marjaryasana-Bitilasana - Improve spinal flexibility, massage the organs, stimulate digestive system. Focus breath on different focal segments of spine.
- TT – L forearm down/R arm straight then arcing up and back hold on 3rd.
- To proposal lunge L knee up, R knee down- block between hands, R arm reaches forward, then arc to heel/floor – hold on 3rd.

- Supported Balasana

Relaxation

- *Supine*
- Focus on heart-centered breathing
- Guided visualization to a calming, safe space
- *“How can I offer myself kindness today?”*

6. Closing

Session 2: Energy Balance & Calm Focus

Theme: Santosh

“I am balanced and peaceful in mind and body.”

Centering

- Supine grounding with body scan, breath awareness, and clearing of the mind
- Dirgha Breath with gentle breath counting
- Affirmation
- Om

Seated Asanas

- Seated Neck & Shoulder Rolls
- Cactus/extended overhead/ W-arms
- Seated Spinal Twist

Spine and Core

- TT
- C/C
- Thread the Needle
- TT w/ L forearm down, R straight, R arcs

Standing (Supported) Poses

- Swinging/loosening
- MT
- Side bends
- Warrior 1
- FF

Relaxation

- Supported Savasana with guiding imagery
- Simple gratitude practice – “How might I find moments of peace today?”
- Breath awareness in daily life

Closing

Session 3: Cultivating Balance — Mind, Body & Breath

Theme: *Santosha (Contentment) — embracing the present moment.*

“I am safe. I am healing. Peace surrounds me.”

Centering

- Supine with props and body scan, etc.
- Ujjayi breathing (gentle, not forceful).
- Emphasis on extending the exhale.
- Affirmation
- Om

Gentle Movement & Joint Care

- Chair-supported standing postures: Mountain, gentle side stretch, supported Tree.
- Seated wrist/ankle circles, shoulder openers.
- Reclining hip openers.
- Supine leg stretches with strap.

Relaxation

- Yoga Nidra body scan.
- 4-6 breathing (inhale 4, exhale 6).
- *"I am safe. I am healing. Peace surrounds me."*
- *Santosh*
- Visualizing light and warmth throughout the body.

Closing

- *I let go of what I cannot control.*
 - Reflection: *"What brings me simple joy?"*
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Session 4: Energy Regulation & Resilience

Theme: *Svadhyaya (Self-study) — listening inward.*

“I am loved. I am enough. I am held in kindness.”

Centering

- Supine with a crown to toes and toes to crown relaxation.
- Visualization of energy balancing. Visualize a color, balancing koshas.
- Introduce Nadi Shodhana (alternate nostril breathing) — slow and gentle. Infuses the body with oxygen; Clears and releases toxins; Reduces stress and anxiousness; Calms and rejuvenates the nervous system; Supports clear and balanced respiratory channels.

Seated

- Seated joint-freeing series.

Standing

- FF
- Gentle balance postures - Tree and W3

Relaxation

- Yoga Nidra
- Guided visualization: imagining breath as light.
- *“I am loved. I am enough. I am held in kindness.”*
- Explore *Svadhyaya* through gentle inquiry:

- “What do I notice about my breath today?”
- “Where do I hold tension?”

Closing

Session 5: Restorative Integration

Theme: *Ishvarapranidhana (Surrender) — trusting the process.*

“My body is steady. My mind is calm. I am grounded.”

Centering

- Supine
- Ujjayi breathing with mantra (inhale “*let*,” exhale “*go*”)
- Affirmation
- Om

Restorative Movement & Poses

- Reclining supported bound angle (Bolster + blankets).
- Gentle spinal twists (on back).
- Supported legs-on-chair pose.
- Optional standing stretch with chair support.

Relaxation

- Long Yoga Nidra
- Supine progressive muscle relaxation via body scan: *“My body is steady. My mind is calm. I am grounded.”*

- Focus on gratitude and deep rest.
- Reflect on *Ishvarapranidhana*.
- “*My body is steady. My mind is calm. I am grounded.*”
- “*What would it feel like to let go, even for a moment?*”

Closing

Session 6: Integration & Inner Peace

“I am peaceful, whole, and supported.”

Centering

- Supine body scan
- Dirgha Breath
- Nadi Shodhana (up to 6 rounds)
- Affirmation
- Om

Gentle Asanas

- Seated Neck and Shoulder Rolls
- Seated Side Bend
- Reclined Pelvic Tilt
- Supported Legs up the Wall
- Supine Twist

Relaxation

- Full body scan with soft affirmations

Closing

- *“I am peaceful, whole, and supported.”*