

Every class:

- introduce self/acknowledgement
- explicit invitation to participate how they would like to today - follow me, take options, other shapes or rest
- safety cues - instructor on mat, music, moving in class, other sounds/potential intrusions, quiet spaces,

class plan



focus

Intention & Orientation:
Grounding

Trauma-informed Yoga
class on mats in a Yoga
studio

the why

Introduces participants to TI Yoga
Emphasises feet and hands as the
primary sensory receptors to anchor
the mind into the present physical
container.

dharma

Nervous system = related to our mood
& emotions

'Grounding' or feeling into the floor can
give us the 'right' input to help us shift
into a slower/ calmer/regulated state

grounding

- Seated or lying down to start
- Explicit invitation to adjust/rearrange props
- Minimal breath - slow grounding focusing on orienting to room (light, walls, sounds) then to space (feel of mat, props, joints on the earth etc)

warming up

- Head weight (chin to chest, ear to shoulder. Options for stillness/movement)
- Hands - open and close (pace)
- All 4's -
 - Finding a neutral spine
 - Turn to each side,
 - Cat/Cow (time to explain)
 - Child's pose (time to explain - wide or narrow knees)

flowing

- Downward facing dog - peddle opposite legs, feeling into hands and feet
- Forward fold to stand (Mountain Pose) - movement or stillness
- Mini flow (learning basics, slow and considered) -
 - Forward Fold (explain bent knees, tummy to thighs)
 - All 4s (knees/hips, wrists/shoulders option)
 - Lower upper body /Baby Cobra or Crocodile
 - Downward-facing dog
 - Low lunge (back foot options) - both sides

balancing / slowing

- Standing lean (if time) - balance. Ensure explicit permission given to 'fall out' of balance
- Leg to chest / take wide on each side

close

- Ball option or legs up the wall
- Savasana - seated, laying down, with props, explicit permission to take how suits (2 min max)

Every class:

- introduce self/acknowledgement
- explicit invitation to participate how they would like to today - follow me, take options, other shapes or rest
- safety cues - instructor on mat, music, moving in class, other sounds/potential intrusions, quiet spaces,

class plan



focus

the why

dharma

grounding

warming up

flowing

balancing / slowing

close