

SOOTHE

CONNECTING THE MIND AND BODY

TO REDUCE PAIN AND PROMOTE HEALING.

BEGINNING MONDAY JANUARY 22ND

6PM-730PM

507 S BROADWAY AVE. URBANA, IL

TEA, YOGA MATS, BLOCKS, WORKSHEETS, JOURNALS, AND YOGA BLANKETS WILL BE PROVIDED AT EACH SESSION

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- 01 IN WEEK ONE WE WILL FOCUS ON PSYCHOEDUCATION, EXAMINING INDIVIDUAL PAIN BELIEFS, IDENTITY LOSS, AND DEEP DIVE INTO WHAT PRT IS AND HOW IT WORKS. WE WILL END THE EVENING WITH DISCUSSION, JOURNALING, AND A 20 MINUTE YOGA NIDRA BODY SCAN.
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- 02 WEEK TWO FOCUSES ON ASSESSMENT AND SYMPTOM REVIEW, HISTORY TAKING, CREATION OF AN EVIDENCE LIST, AND A DEEP DIVE INTO BARRIERS OF ACCEPTANCE. WE WILL END THE EVENING WITH DISCUSSION, JOURNALING PROMPTS AND MEDITATION.
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- 03 THE FOCUS OF WEEK THREE IS ON THE INTEGRATION OF SOMATIC TRACKING, EXPLORING COMMON BARRIERS, AND LEANING INTO POSITIVE SENSATIONS. WE WILL INCORPORATE BILATERAL MOVEMENTS, BREATHWORK AND SOMATIC MOVEMENT. THE SESSION WILL END WITH WITH DISCUSSION, AND JOURNALING.
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- 04 IN WEEK FOUR WE WILL EXAMINE AVOIDANCE AND RESOURCING BEHAVIORS, INCLUDING POTENTIAL SETBACKS. WE WILL INCORPORATE BILATERAL AND SOMATIC MOVEMENT, AND END WITH DISCUSSION, JOURNALING AND RESTORATIVE YOGA.,
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- 05 IN WEEK FIVE WE WILL FOCUS ON BUILDING AND MAINTAINING MOTIVATION, IN ADDITION TO REVIEWING AND OVERCOMING DANGER SIGNALS. WE WILL CLOSE THE SESSION WITH DISCUSSION, JOURNALING PROMPTS, AND A GUIDED MINDFUL MEDITATION.
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- 06 WEEK SIX WILL FOCUS ON RECOGNIZING AND EXAMINING HOW PREOCCUPATION AND NEGATIVE BEHAVIOR PATTERNS CAN IMPACT HEALING. WE WILL CLOSE THE SESSION WITH DISCUSSION, JOURNALING PROMPTS, AND A 20 MINUTE YOGA NIDRA BODY SCAN.
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- 07 IN WEEK SEVEN WE WILL FOCUS ON BUILDING A SOILID INTERNAL FOUNDATION BY INCREASING SELF COMPASSION, AND THE MOTIVATION FOR SELF CARE. WE WILL EXPLORE INNER CHILD WORK WITH BILATERAL MOVEMENT, AND WILL END WITH DISCUSSION, JOURNALING, AND A LOVING KINDNESS MEDITATION.,
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- 08 IN WEEK EIGHT WE WILL DISCUSS RELAPSE PREVENTION STRATEGIES, MOTIVATION PROMPTS, AND REVEIW HOW TO MAINTIAN OUR HEALTHY FOUNDATION. WE WILL END THE SESSION WITH DISCUSSION, JOURNALING, AND A FULL 50 MINUTE YOGA NIDRA.
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MODIFICATIONS AND ACCOMMODATIONS WILL BE MADE FOR EACH PARTICIPANT INDIVIDUALLY DURING CLASS