

# *Soothe My Soul: Trauma-Informed Yoga & Education*

## *To Reparent Your Anxious Inner Child*

### *Overview Of The Course*



Includes:

- Weekly Trauma-Informed Yoga class with movement, breathwork, and grounding based on my Release, Relax, Redirect Method® for anxiety. Options for all levels: full length classes, short classes, and chair or desk yoga.
- Weekly, bite-sized education videos (on average less than 10 minutes) on trauma, anxiety, regulating your nervous system, and Inner Child reparenting
- Weekly guided audio meditation based on the educational theme of the week
- Specific and practical suggestions offered weekly to put the skills you're learning immediately into practice
- Video, audio, and PDF's to assist all learning styles

#### *Part One, Weeks 1-4:*

Begin the process of learning how and why you react with fear or shutdown and start learning tools to calm these responses so you can live your best life! You'll begin noticing ways your Inner Child asks for help, create your own personal mantra to soothe their pain and ease the anxiety or shutdown using the Release, Relax, Redirect Method®. Lastly, you'll learn how to speak to yourself with grace and compassion rather than fear and criticism.

#### *Part Two, Weeks 5-8:*

In this part, you'll begin reparenting your Inner Child through the power of choice. You'll learn multiple alternatives for the Release, Relax, Redirect Method ® and how to empower your Inner Child to reclaim your power to decide what is best for your body, mind, and spirit. Safe containment of big emotions is also taught, along with multiple tools for grounding in the present moment. You'll learn what to do when overwhelming emotions arise at inopportune times. Tools to lovingly contain the emotions of your Inner Child will be taught so you can complete your adult tasks. You'll also learn what to do with hurtful, self-defeating thoughts, why they occur, and how to soothe your Inner Child when they do.

#### *Part Three, Weeks 9-12*

Begin to actually “rewire” your brain with new, positive pathways that will allow you to see the world as it really is and look for the strength, beauty and resilience within yourself! Learn visualizations/meditations to help you feel connected, safe and loved. Reparenting through daily mind/body/spirit check-ins and responding to the needs of your Inner Child will also be taught here!



*Part Four, Weeks 13-16:*

Learn to make and keep Small Promises to your Inner Child as a loving form of reparenting and recognize/respond to your need for rest so you can stop burnout and exhaustion. You'll also become more attuned to the sensations in your body and clues your Inner Child needs help via your own personal Inner Child Distress Scale (ICDS). Lastly, you'll identify your Cycle of Protection - the unconscious trauma reenactment cycle you may enter. No more, "Why does this always happen to me?!" Discover *why* and *stop* the cycle!

*Part Five, Weeks 17-20:*

Learn how unrealistic expectations of self, feelings of brokenness and living through old trauma contracts is often a catalyst for shame, guilt and fear. Begin to recognize how this shows up for you, then adjust your thoughts and actions to better access joy! Understand how to soften your armor to allow safe people into your heart so you can live through love rather than fear. Then, discover your values and begin to notice how they do (or don't) show up in your life so you can re-discover your deepest desires for happiness and live through your most authentic self!

*Part Six, Weeks 21-24:*

Begin healthy communication in relationships and make more empowered decisions about friendships, family relationships and intimate partners. You can begin to break free from the cords of codependency to determine what is in your power, what is not, and how to redirect yourself back to that which you can control. You'll learn specific phrases to use with loved ones when setting boundaries for your Inner Child and protect this innocent part of you by clearly stating how you feel and what you need in order to feel secure. Lastly, you'll walk through a step-by-step process to assess whether or not your relationships are healthy and learn ways to redefine your relationship (if needed).