

SESSION OVERVIEWS FOR REFERRING PROFESSIONALS

SESSION	KEY THEMES	DESCRIPTION
Establish Your Foundation	<ul style="list-style-type: none"> Interpersonal relationships Interoception & self-regulation Embodied skills for trauma recovery (grounding, orienting, and resourcing) 	<p>The facilitator introduces the concept of yoga, and discusses the role yoga can play in eating disorder recovery. The facilitator introduces three embodied skills for trauma recovery: grounding, orienting, and resourcing. The yoga practice incorporates asana (movement/postures), pranayama (breathing practices) and meditation, and includes an opportunity for participants to practice grounding, orienting, and resourcing. Participants are invited to notice what resources they have in the coming week, and to continue practicing grounding, orienting, and resourcing.</p>
Connect to Your Senses	<ul style="list-style-type: none"> Interoceptive awareness Hunger and fullness cues Self-soothing 	<p>The facilitator introduces the concept (and the importance) of interoception, our capacity to sense what's happening inside our body at any given time. Participants learn how eating disorders disrupt interoception, and how (over time) interoceptive awareness can help us recognize hunger and fullness cues, distinguish those from emotional states, and determine what our body needs at any given time. The yoga practice incorporates an interoceptive meditation, with cues that emphasize noticing sensations in the body, and self-soothing during moments of sensation overwhelm. Participants are invited to practice the interoceptive meditation for homework.</p>

<p>Befriend Your Mind</p>	<p>Depression and anxiety</p> <p>How to interrupt self-sabotage behaviors (vitality absorbing activities)</p> <p>Awareness and compassion</p>	<p>The facilitator introduces the concept of “the monkey mind” and how it can manifest in the midst of an eating disorder. The interactive activity explores how yoga and mindfulness practices cultivate awareness which can help us interrupt the self-destructive cycles the monkey mind generates, when supported by compassion. Vitality absorbing activities are introduced as a tool for interrupting self-sabotage behaviors. The yoga practice offers participants opportunities to embody and internalize compassion, and incorporates cues about self-compassion, as well as revisiting the interoceptive meditation. Participants are invited to incorporate a vitality absorbing activity into their week as homework.</p>
<p>Restore Your Nervous System</p>	<p>Depression and anxiety</p> <p>The autonomic nervous system</p> <p>Emotion regulation</p>	<p>The facilitator introduces the concept of self-regulation, and the idea that the body and the breath can be valuable tools for coping healthfully with the difficult emotions that often drive eating disorder behaviors. The interactive activity includes psychoeducation on the autonomic nervous system and a discussion of activities which activate the sympathetic and parasympathetic branches, respectively. The yoga practice includes restorative poses and a yoga nidra practice, which allows participants to create a sense of full-body relaxation.</p>