

# ALBERTA WELLNESS CENTER



FOR EATING DISORDERS

## **Course Overview:**

The yoga course is 4 weeks long; each week the class is two hours in duration.

Each week centers on a specific aspect of recovery. Please refer to our session overview for more detailed information about key aspects that each week covers.

Class #	General Focus	Key Themes
1	Establishing your foundation	<ul style="list-style-type: none"><li>• Interpersonal relationships</li><li>• Interoception</li><li>• Self-regulation</li><li>• Skills for trauma recovery (grounding, orienting, and resourcing)</li></ul>
2	Connecting to your senses	<ul style="list-style-type: none"><li>• Interoceptive awareness</li><li>• Hunger and fullness cues</li><li>• Self-soothing</li></ul>
3	Befriending your mind	<ul style="list-style-type: none"><li>• Depression and anxiety</li><li>• How to interrupt self-sabotage behaviors</li><li>• Awareness and self-compassion</li></ul>
4	Resorting your nervous system	<ul style="list-style-type: none"><li>• Depression and anxiety</li><li>• The autonomic nervous system</li><li>• Emotion regulation</li></ul>

During the first hour of class, we discuss important information related to a specific aspect recovery. During the second hour we focus on applying that information in practice.

The yoga group is currently running virtually, via Zoom, on Monday evenings from 6:00-8:00pm MST. The cost is \$75 per week.

Participants sign up for classes individually and do not have to sign up for or attend all four classes, although attending all four classes is recommended for recovery.

**Class Schedule:**

Date	Class #
January 10 <sup>th</sup> 2022	1
January 17 <sup>th</sup> 2022	2
January 24 <sup>th</sup> 2022	3
January 31 <sup>st</sup> 2022	4
February 7 <sup>th</sup> 2022	1
February 14 <sup>th</sup> 2022	2
February 21 <sup>st</sup> 2022	3
February 28 <sup>th</sup> 2022	4
March 7 <sup>th</sup> 2022	1
March 14 <sup>th</sup> 2022	2
March 21 <sup>st</sup> 2022	3
March 28 <sup>th</sup> 2022	4
April 4 <sup>th</sup> 2022	1
April 11 <sup>th</sup> 2022	2
April 18 <sup>th</sup> 2022	3
April 25 <sup>th</sup> 2022	4