



# Mindful Moments & Movement: Using Yoga for Your Self-Care

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View and/or download the slides from today's presentation at  
<http://joyfulnoisesllc.com/links.html>

## Action Items

How will you incorporate yoga principles & techniques more intentionally into your self-care?

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If you have any questions or comments, please contact me.

(Special thanks to Julie Palmieri of Serenade Designs for this handout format!)

## Schedule

Welcome ~ Experiential Mindfulness Exercise  
Introductions/Goal & Objectives  
Presentation of Material & Discussion ~ History, Appropriation & Research  
Experiential Yoga Practice  
Break  
Small & Large Group Sharing ~ Mindful Movement for Self-Care  
Presentation of Material  
Experiential Drishti Exercise  
Experiential Breath Work  
Experiential Grounding, Alignment & Expansion Practices  
Restorative Yoga/Guided Relaxation  
Questions/Feedback Form & Course Evaluation  
Break/Transition

Please be mindful of your own self-care today!  
Use the restroom, hydrate, snack, stretch, and do what you need to do  
to take care of yourself during our time together!

### Drishti Exercise

What is your focal point? \_\_\_\_\_

Who supports you? \_\_\_\_\_

How can you support others? \_\_\_\_\_



