

Body as a Resource:
An Introduction to Chair Yoga for Library Workers

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WORKSHOP NOTES

RECLAIMING THE BODY

- **Having a Body** (*Asana & Grounding*): The first step of this journey requires we recognize that we have a body. In order to facilitate this, we share and practice exercises that are very clear and body-based. There is no need to interpret experience in any way; this is just an invitation to do something simple and directed with our body. This might also serve to begin to create safety around being embodied.
- **Befriending your Body** (*Ahimsa & Language of Inquiry & Invitational Language*): Once we have had some practice having a body, we can move onto befriending the body. We do this through a type of language named “Invitational Language” and “The Language of Inquiry.” Here we explore moving from a directive place to a place of invitation (choice) and inquiry (mindfulness).
- **Body as a Resource or Self-Regulation** (*Pranayama*): Self-regulation in this context is the ability to calm oneself down using the breath and the body. **Adapted with permission of the Trauma Center**

GROUNDING – SEATED MOUNTAIN

GROUND – As you're ready, notice feet on the floor.

CENTER – In your own time, bring your attention to the center of your body, wherever that is for you today. You might choose to place your hand there. Perhaps observing any sensation.

HEAD – If it feels right to you, try lengthening up through the top of your head. You may notice sensation in your back body.






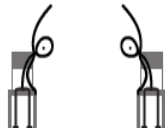
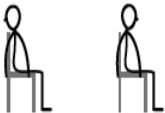

END When you're ready, gently open your eyes if they are closed and make yourself comfortable.

BREATHING TECHNIQUES - PRANAYAMA

- **Breath Awareness:** Noticing how your breath naturally arises.
- **Abdominal Breathing:** Inhale belly expands, exhale belly contracts.
- **Lengthening the Exhale:** Inhaling and exhaling through your nose with a lengthening of your exhale
- **Brahmari Breath:** Humming on the exhale
- **Linking your movement with your breath**

CHAIR YOGA – ASANA

Body as a Resource: An Introduction to Chair Yoga for Library Workers - Library workers encounter a diverse range of highly stressful experiences each day. In addition, Covid-19 has resulted in increased isolation and an inability to engage in many of our previous self care strategies. These experiences, coupled with social isolation, can leave us vulnerable to chronic nervous system dysregulation and coping strategies that can leave us under-resourced. Rooted in trauma theory and neuroscience, trauma informed chair yoga is an accessible, body-based resource for self-regulation that can be utilized at work and at home to support our natural resilience.

1		BREATHING & GROUNDING: Nostril breath & lengthen your exhale GROUND - Notice your feet in contact with the floor. CENTER - One hand to rest on your chest and one on your navel. HEAD - Lengthen through the top of your head.
2		HEAD TURNS & ORIENT: L/R x 10
3		ARM SWEEP: Inhale extend arm up, exhale release x 5 each side
4		FORWARD FOLD: x 10 breaths
5		CAT/COW: Inhale to arch and look up Exhale to round, chin to chest x 10 breaths
6		SIDE BEND: x 5 breaths L/R
7		SIMPLE TWIST & ORIENT: FIRST SIDE: Left hand to right knee, right hand on the seat of the chair Turn to the right, look over right shoulder x 5 breaths SECOND SIDE: Right hand to left knee, left hand on the seat of the chair Turn to the left, look over left shoulder x 5 breaths
8		STILLNESS PRACTICE: As long as you like