

Breathe.

Move.

Connect.

Discovering Inner Peace Through Yoga

By: Anahi Castaneda



Step 1: Audience



The community I want to facilitate this mindfulness Workshop is
for young adults.
My intention is to have 8 students.

Find Peace Within

Step 2: Theme



*My theme is: Breathe, Move, Connect: Discovering Inner Peace Through
Yoga*

Find Peace Within

Step 3: Learning Objectives



Participants will be able to identify and practice basic yoga poses and breathing techniques that promotes self-awareness, relaxation, stress relief, enabling them to incorporate mindfulness into their daily routines.



Participants will be able to recognize the connection between mind and body and how engaging in mindful movement can promote overall health, mental clarity, and emotional balance.



Participants will be able to use yoga as a tool for emotional release and relaxation, helping them create a balanced, calm state even during stressful moments.

Find Peace Within

Step 4: Key Points

Yoga cultivates a holistic connection between body & mind

Movement through yoga poses allows for the release of physical tension

The practice of yoga is a journey toward self-compassion

Through mindful movement and breath, participants can experience mental clarity

Find Peace Within

Step 4: Key Points

My Key Points are:

- **Yoga cultivates a holistic connection between body and mind,"** encouraging participants to recognize how physical sensations, movement, and breath work together to promote mental clarity, emotional balance, and overall well-being. This integration fosters a deeper sense of unity and mindfulness in everyday life.
- **Movement through yoga poses allows for the release of physical tension,** promoting relaxation and creating space for emotional healing and balance.
- **The practice of yoga is a journey toward self-compassion,** offering participants the opportunity to accept and appreciate their bodies, regardless of their abilities or experience levels.
- **Through mindful movement and breath, participants can experience mental clarity,** reduce stress, and feel a sense of peace that they can carry into their daily lives.
- **Consistency in yoga practice fosters long-term benefits,** including enhanced emotional resilience, physical flexibility, and overall well-being, all of which contribute to lasting inner peace.

Find Peace Within

Step 5: Strategies Implemented

1. **Mindful Listening Exercise:** Engage participants in a mindful listening activity where they focus on the sounds around them, tuning into both external and internal sounds, helping to ground them in the present moment.
2. **Body Scan Meditation:** A guided body scan to help participants tune into physical sensations, develop awareness of areas of tension, and cultivate relaxation.
3. **Movement with Affirmations:** Pair specific yoga poses with positive affirmations (For example "I am strong," "I am enough") to help participants develop a positive mindset while engaging in physical movement.
4. **Nonviolent Communication:** Introduce elements of nonviolent communication, such as focusing on "I feel" statements or observing without judgment, to enhance self-awareness and foster compassionate expression.
5. **Intention Setting for Self-Care:** Encouraging participants to set a personal intention for the session—whether it's fostering calm, letting go of stress, or practicing self-compassion—which can enhance their connection to the practice.

Step 6: Theme Alignment

1. Mindful Listening Exercise

- **Activity:** Participants will engage in a mindful listening exercise, tuning into both external sounds and internal sounds (breathing, heartbeat). This helps ground them in the present moment and brings focus.
 - **Prompt/Question:**
 - "What external sounds do you hear? How do they impact your awareness?"
 - "Now focus on your breathing. Can you hear the rhythm of your breath? How does this sound make you feel?"
 - **Alignment with Learning Objectives:** This exercise fosters **self-awareness** and **relaxation**, supporting the goal of integrating mindfulness into daily routines. It also enhances mental clarity and emotional balance by connecting participants to the present moment.
-

2. Body Scan Meditation

- **Activity:** A guided body scan to help participants focus on physical sensations from head to toe, allowing them to become aware of areas of tension and cultivate relaxation.
 - **Prompt/Question:**
 - "As you bring attention to your feet, how do they feel? Are there any areas of tightness?"
 - "Moving up your body, where do you feel tension, and how can you breathe into that area to release it?"
 - "How does each part of your body feel as you mentally scan through it?"
 - "What do you notice about your body that you didn't notice before?"
 - **Alignment with Learning Objectives:** The body scan enhances **self-awareness** and **relaxation**, directly promoting **stress relief**. It supports the connection between **mind and body**, teaching participants how to notice and release tension through mindfulness.
-

Step 6: Theme Alignment

3. Movement with Affirmations

- **Activity:** As participants move through basic yoga poses, they will pair each movement with a positive affirmation (e.g., "I am strong," "I am calm," "I am enough").
- **Prompt/Question:**
 - "As you move into this pose, repeat the affirmation: 'I am strong.' How does this affirmation shift your perception of this movement?"
 - "What emotions or physical sensations arise as you link movement with positive thoughts?"
 - "How do you feel when you say the affirmation aloud versus silently?"
 - "Do you notice any changes in your energy or mood when practicing with affirmations?"
- **Alignment with Learning Objectives:** This practice connects the body to a **positive mindset**, supporting **emotional release** and **self-awareness**. The affirmations also aid in creating **mental clarity** and fostering a sense of emotional balance.

Step 6: Theme Alignment

4. Nonviolent Communication (NVC)

- **Activity:** Introduce participants to nonviolent communication principles, such as using “I feel” statements and observing without judgment, to express emotions in a compassionate and self-aware way.
- **Prompt/Question:**
 - "When you reflect on your experience today, what are your emotional reactions? Can you express them using ‘I feel’ statements?"
 - "How does focusing on your feelings rather than judgments help you better understand your emotional state?"
 - "In what ways can practicing NVC enhance your emotional balance and mental clarity?"
- **Alignment with Learning Objectives:** NVC supports **self-awareness** and helps participants express their emotions in a non-judgmental way, fostering **emotional balance** and enhancing the mind-body connection.

Step 7: Integration

Daily Reflection and Affirmation

I will encourage participants to choose a positive affirmation from the ones used in the workshop ("I am calm," "I am capable") and repeat it at least once a day. This could be done in the morning as they start their day or whenever they feel stressed, helping them reinforce a positive mindset.

Breathing Breaks During the Day

I will encourage participants to take short, mindful breathing breaks throughout their day, especially during moments of stress. For example, every time they sit down at their desk, they can take three deep breaths, focusing on the sensation of the breath entering and leaving their body. This will help them stay centered and reduce stress.

Step 8: Ongoing Engagement

Create a Weekly Check-In Group

I will set up a private online group (such as on a platform like a (group chat) where participants can share their experiences and progress in incorporating mindfulness practices into their daily lives. Each week, I'll post a prompt or reflection question to encourage engagement, and participants can share their challenges, successes, and insights with one another.

Mindful Practice Reminders

I will send out weekly mindfulness reminders or tips via email or text to encourage participants to continue practicing. These messages will include simple prompts like "Remember to take a 3-minute breathing break today" or "Set an intention for the week to stay grounded." This can keep participants motivated and accountable.

Step 9: Long - Term Success

Creating a Safe Space for Emotional Expression

- *As a school counselor, creating safe spaces for students to explore and express their emotions is essential. This mindfulness workshop will enable me to offer practices that promote emotional regulation and self-reflection, helping students become more aware of their feelings. This practice of self-awareness is a powerful tool I can use to guide students through personal challenges and develop a more supportive environment for their emotional growth.*

Building Confidence in Supporting Students' Well-Being

- *By facilitating this mindfulness workshop, I will gain more confidence in delivering tools and strategies that directly benefit students' emotional and mental health. As I guide them through practices like yoga and mindful breathing, I'll not only build my skill in supporting their well-being but also reinforce my role as a trusted resource in the school setting. This confidence will extend into my daily interactions with students, empowering them to turn to me for support with their challenges.*

Developing Trust and Rapport with Students

- *This workshop will allow me to engage students in a non-judgmental, supportive environment where they can feel safe to express themselves and explore their emotions. By providing tools for emotional regulation and self-awareness, I will create a deeper connection with students, fostering trust and rapport. These connections will help me better understand their needs, making me more effective in offering guidance and emotional support both in and outside of the counseling setting.*

Thank
You



