

Module 1: Introduction to CSG's Yoga Therapy Program: Focus on Personal Process and Mindfulness-based Grief Education

Intention: To offer you a deep dive exploration of your personal experience of grief and loss and to provide an overview of the Mindful Grieving curriculum and mindfulness-based grief education.

This Module will include:

- Philosophy and guiding principles of community-based, somatic grief work.
- Exploration of the evolutionary themes of Mindful Grieving
- Format of Mindful Grieving Yoga Therapy Programs
- Introduction to Group Facilitation - Group Dynamics and sharing guidelines for Yoga Therapy Programs and Community Circles
- Body Scan Technique
- Introduction to shadow work
- Shifting the culture of grief
- Dying: A conscious exploration with guest teacher, Willow Meili

Module 2: Break down of Primary Skills: Focus on Guiding Key Components & Exploration of Grief Through Shadow Work

Intention: To experience and learn the primary skills and key components for teaching the program as you are supported to unpack your personal relationship with loss by exploring your shadow (unresolved feelings, experiences, trauma that we don't want to look at).

This module will include:

- Grief as a Teacher and exploration of the Four Bodies
- How to facilitate the key components of CSG's Mindful Grieving Yoga Therapy Programs, including:
 - Dharma Talk
 - Center Meditation
 - Group Facilitation
 - 4 Phase Asana Process
 - Integration Meditation
- Advanced group facilitation and guidelines
- Learning your Triggers and working with them
- Embodying your emotions through asana
- Creating a bridge between your practice and your life

Module 3: Grief in the Body: Focus on Asana & Dual Process Language + Physiology of Trauma and Working with Trauma in a Group Setting

Intention: To deepen your understanding of how grief and trauma are held in our bodies, how to work with trauma when it arises in a group setting and how the teachings of dual process language can support your participants to be present with themselves and release.

This module will include:

- Evolution of identity through loss - Grief as a catalyst for change
- How to guide dual process language
- Creating closure at the end of a program
- Trauma sensitive yoga
- Trauma in the body and physiology of trauma with guest teacher, Dr. Arielle Schwartz

Module 4: Working with Specialty Populations + Practice Teaching Sessions and Feedback

Intention: To offer you an overview of the different populations you can support with this curriculum and to receive a safe space to practice teaching and receiving feedback and support.

This module will include:

- Panel discussion - Working with specialty populations
- Personal strengths and learning edges
- Facilitation of Community Circles
- Business of Mindful Grieving
- Practicum preparation and teaching
- Practice teaching sessions and feedback

Module 5: Practice Sessions and Feedback

Module 6: Graduation Ceremony and Closing Circle

Intention: To create closure at the end of the training through the Graduation Ceremony and Closing Circle

This module will include:

- Q&A
- Community Gathering
- Graduation Ritual and Closing Circle