
SESSION 1.

WHAT IS YOGA



YOGA MEANS TO 'YOK' JOIN TOGETHER & UNITE: MIND, BODY AND BEING. EXERCISES FOR EMOTIONAL CONTROL & WELL-BEING.

Mindfulness:

QUIETING THE MIND, CALMING THE BODY TO HELP AWAKEN US TO THE HERE AND NOW. WITHOUT JUDGING. WITH ACCEPTANCE OF SELF AND OTHERS.

The CPD Standards Office

CPD PROVIDER: 21411
2016 - 2018

www.cpdstandards.com



Wave Connections



WAVE CONNECTIONS. 2017 ALL RIGHTS RESERVED.



Wave Connections

SESSION 1.

AUTO-PILOT



**Sometimes our brains
switch off**

- we may 'day dream'
- Go in a room & forget what we went in for!
- on a walk or drive, forget which part of the journey we are on.

**Our brains have been hijacked...thinking
about past or future**

The CPD Standards Office

CPD PROVIDER: 21411
2016 - 2018

www.cpdstandards.com



WAVE CONNECTIONS. 2017. ALL RIGHTS RESERVED.



SESSION 3 CONNECT BODY TO MIND.

Wave Connections

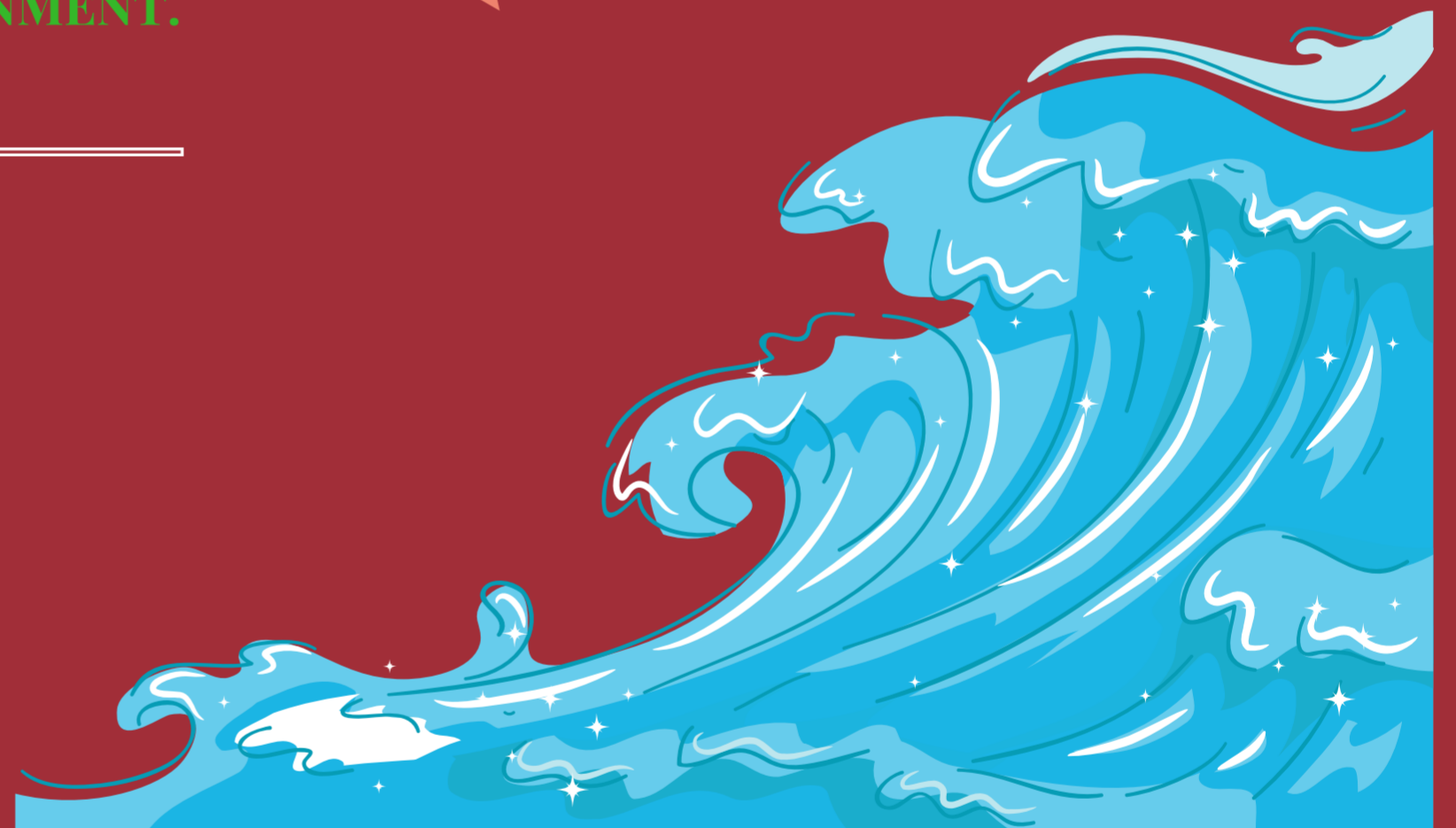
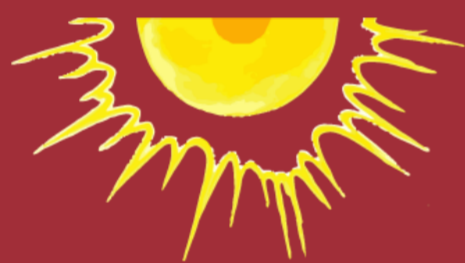


3 Minute Breath -

Our ball of light

Our 'Sea Within'

AWARENESS- GATHER-BREATH- ENVIRONMENT.



The CPD Standards Office

CPD PROVIDER: 21411
2016 - 2018

www.cpdstandards.com



WAVE CONNECTIONS 2017. ALL RIGHTS RESERVED.



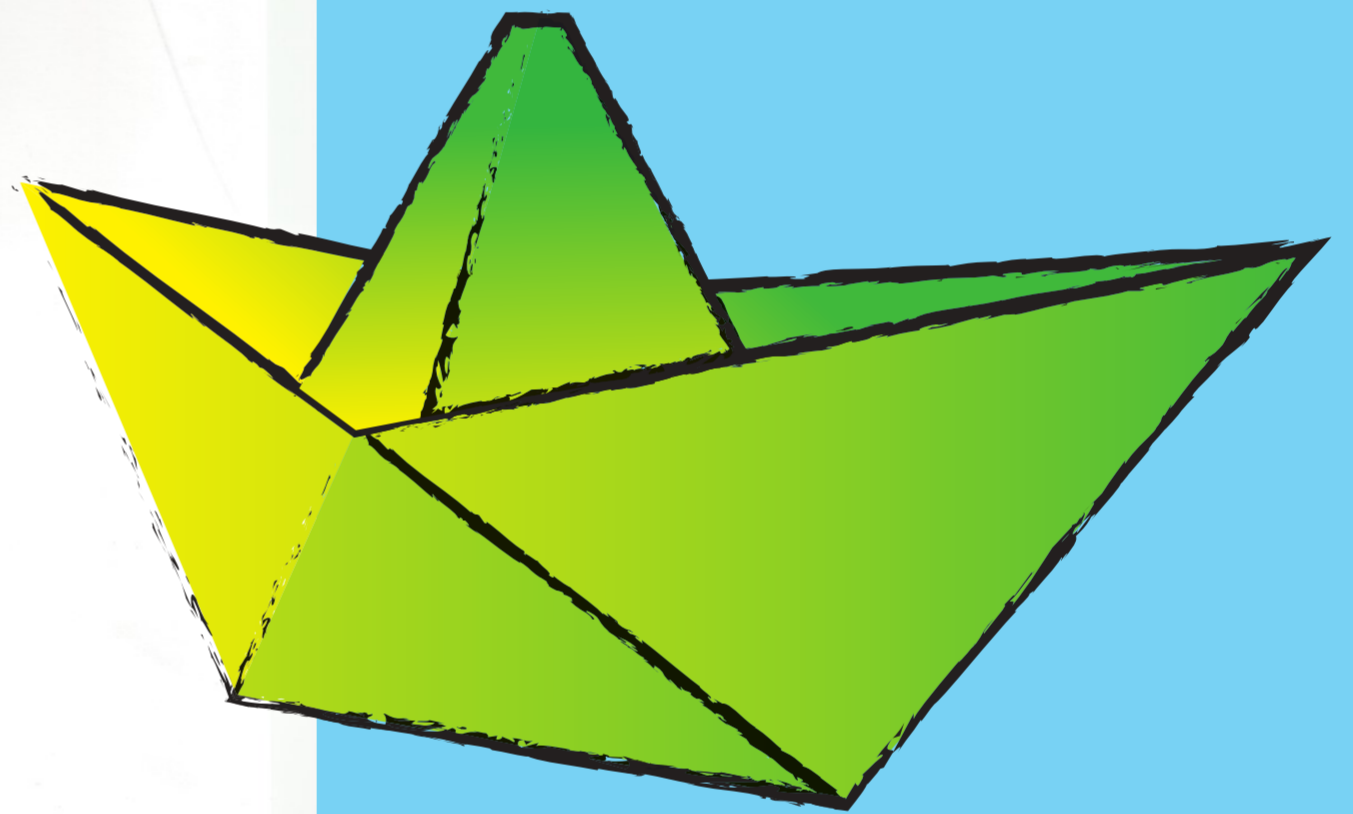
SESSION 3

Wave Connections



CONNECT BODY TO MIND

Rest, respond, repair.



The CPD Standards Office

CPD PROVIDER: 21411
2016 - 2018

www.cpdstandards.com





SESSION 5.

Wave Connections

Coming to our senses!!

SIGHT, SMELL, SOUND, TASTE & TOUCH!!



- Mindful Walking
- Pebble meditation,
- Mindful Eating,
- gather awareness
- Hear the birds, Mindful listening,
- Live moment to moment



The CPD Standards Office

CPD PROVIDER: 21411
2016 - 2018

www.cpdstandards.com

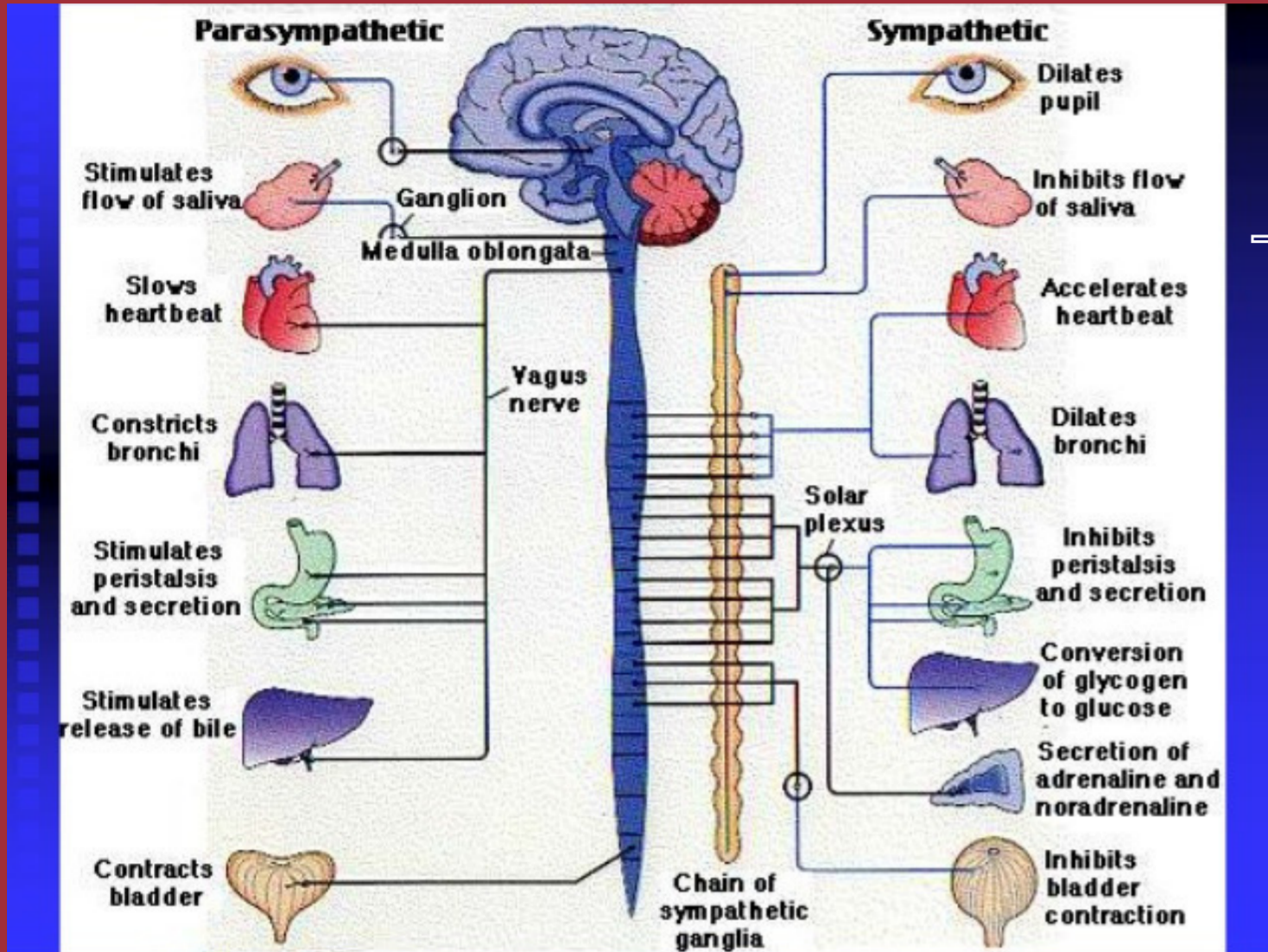


WAVE CONNECTIONS 2017. ALL RIGHTS RESERVED.

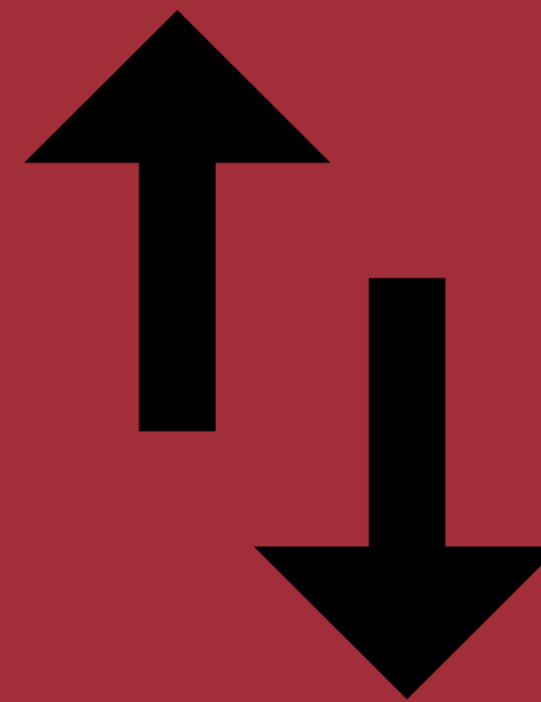


Wave Connections

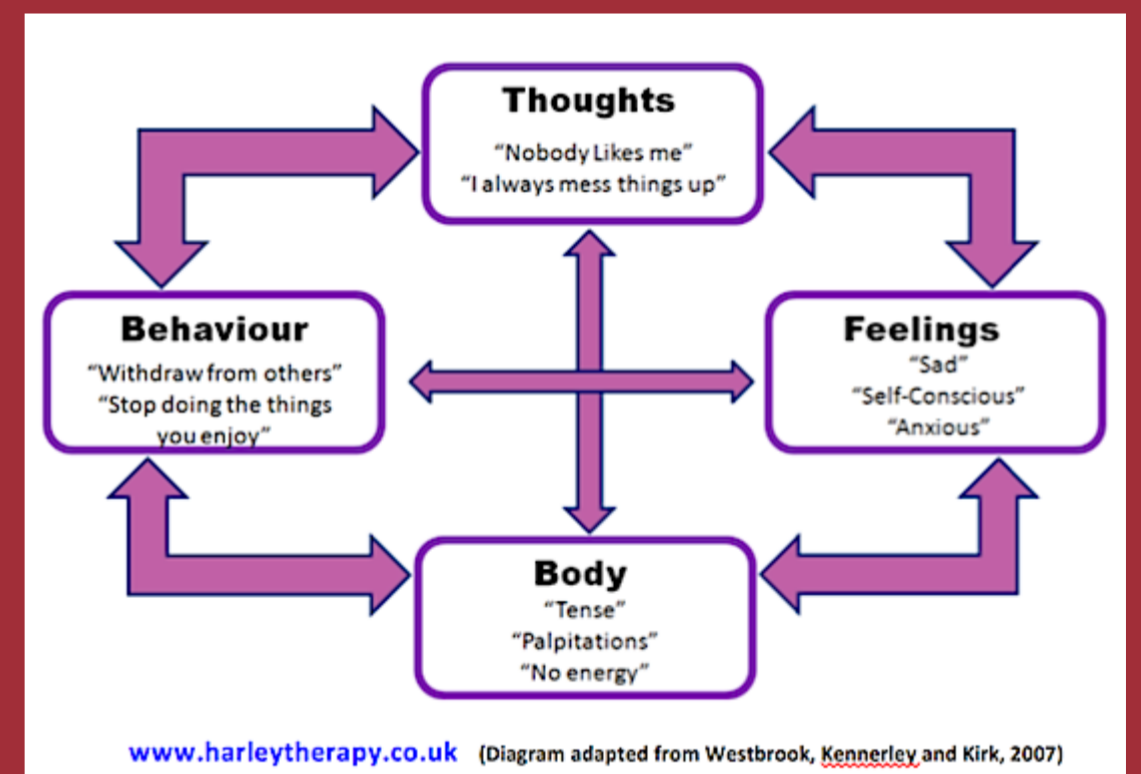
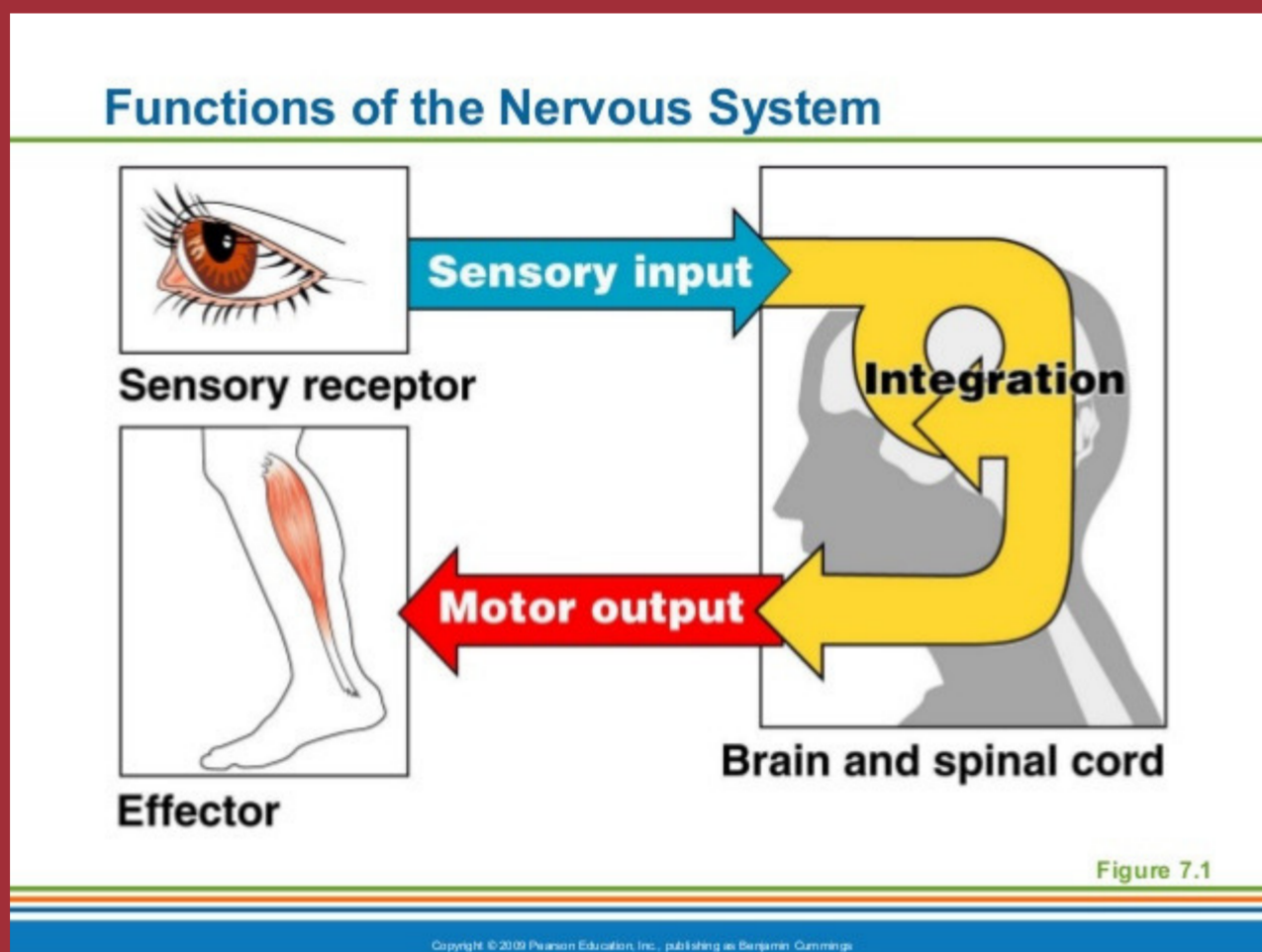
SESSION 2. GOOD STRESS V BAD STRESS



SYMPATHETIC NERVOUS SYSTEM



PARASYMPATHETIC NERVOUS SYSTEM

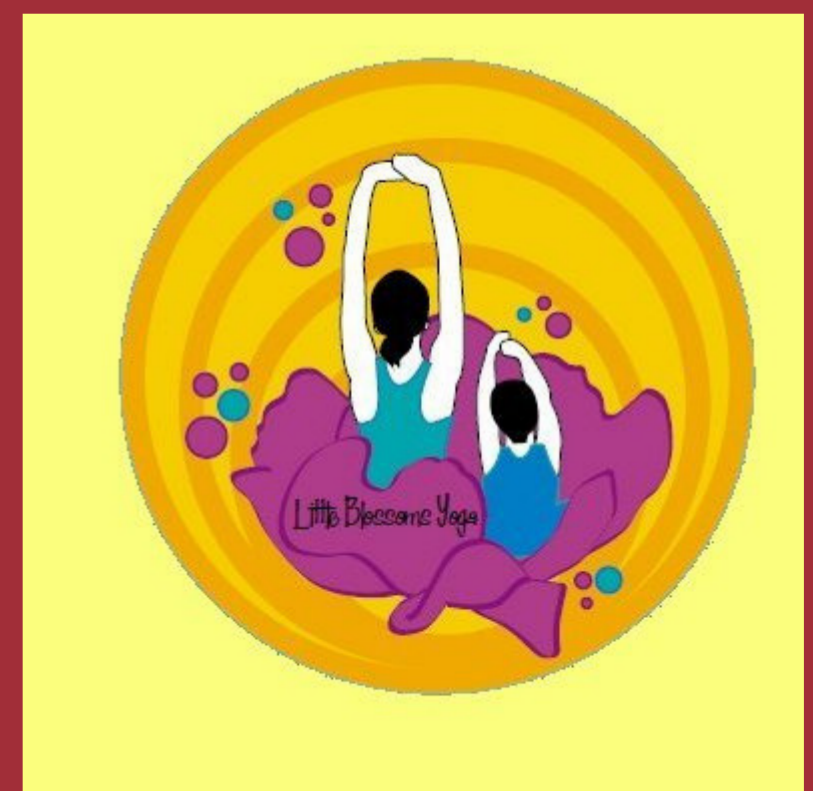


www.harleytherapy.co.uk (Diagram adapted from Westbrook, Kennerley and Kirk, 2007)

The CPD Standards Office

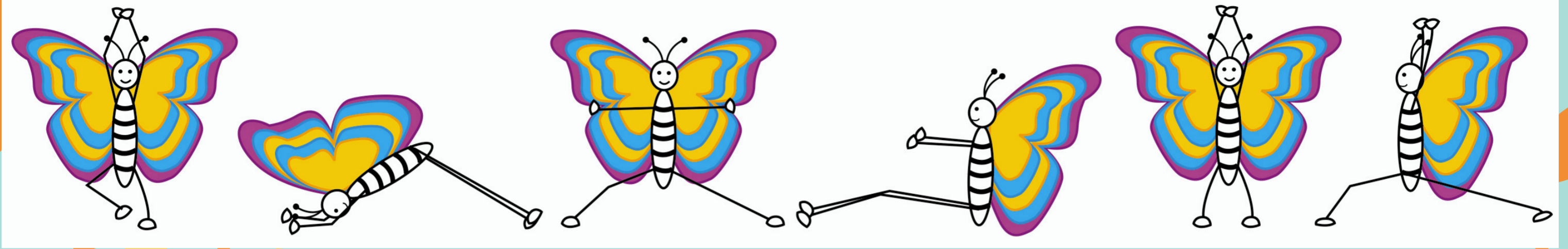
CPD PROVIDER: 21411
2016 - 2018

www.cpdstandards.com



WAVE CONNECTIONS 2017. ALL RIGHTS RESERVED.

SESSION 4. AWAKENING TO HERE AND NOW.

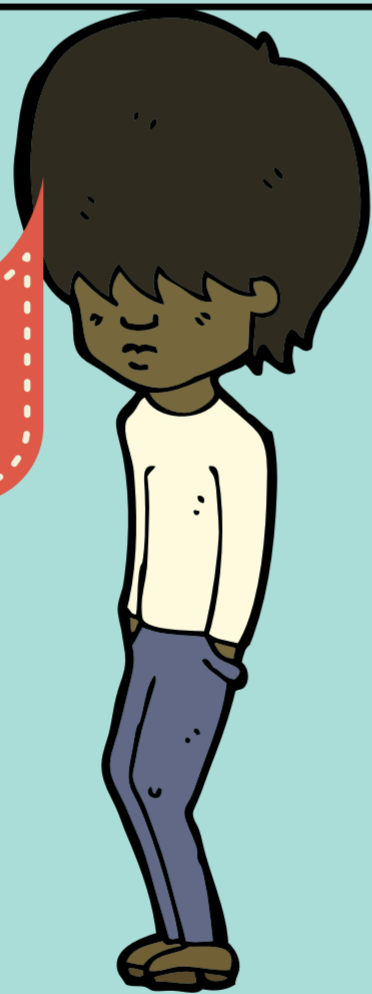


Wave Connections



AS I WAKE THIS MORNING I SMILE
TWENTY FOUR BRAND NEW HOURS ARE BEFORE ME,
I VOW TO LIVE THEM FULL IN EACH MOMENT
AND TO LOOK TO ALL BEINGS WITH EYES OF COMPASSION AND LOVE.

Find Strengths



Be Mindful with daily tasks



The CPD Standards Office

CPD PROVIDER: 21411
2016 - 2018

www.cpdstandards.com

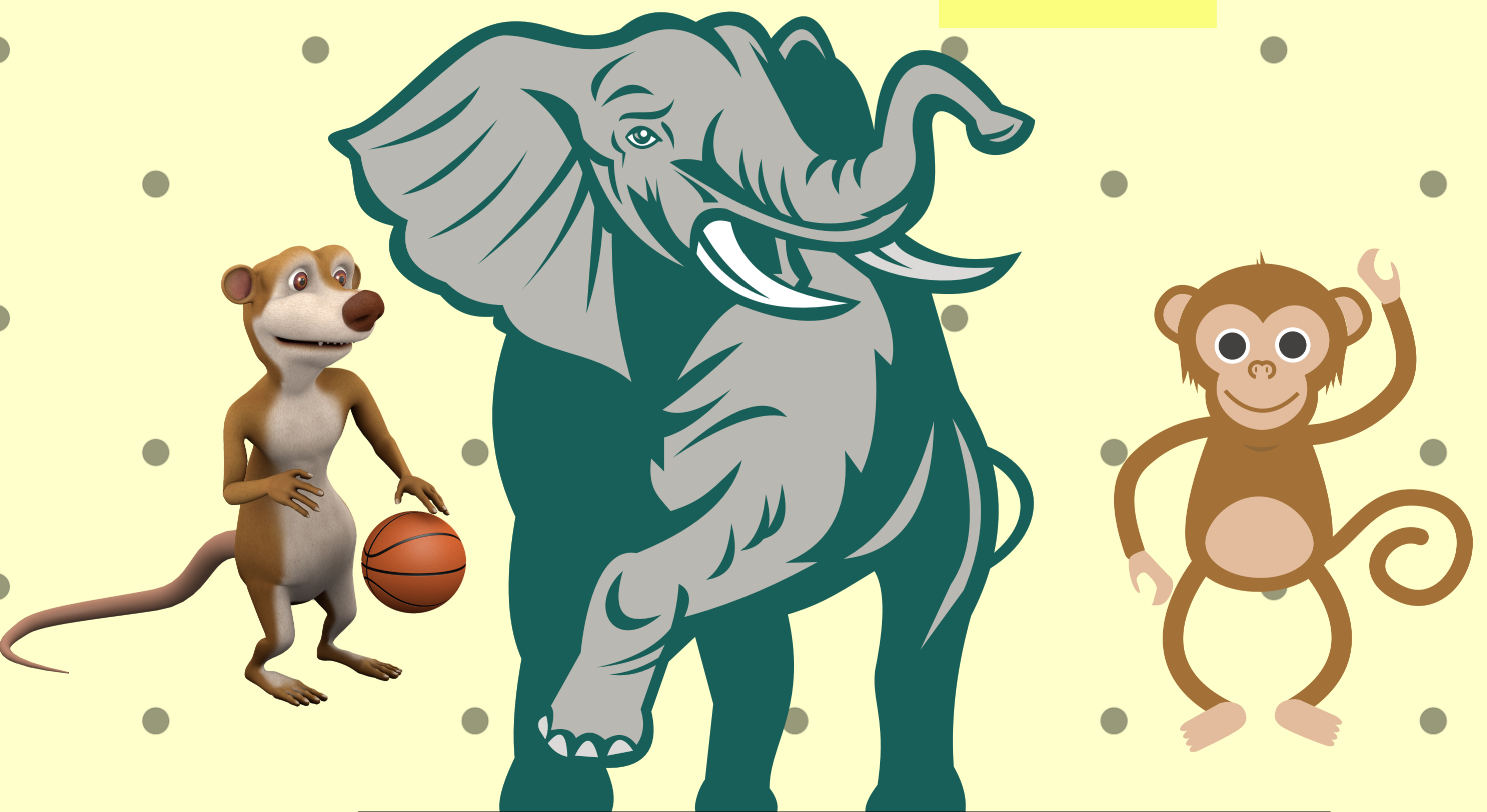


WAVE CONNECTIONS 2017. ALL RIGHTS RESERVED.

RESPOND NOT REACT



Wave Connections



**IS YOUR MEERKAT, ELEPHANT OR
MONKEY BRAIN IN CHARGE?**

The CPD Standards Office
CPD PROVIDER: 21411
2016 - 2018
www.cpdstandards.com





Wave Connections

SESSION 7

WHAT I 'BE'

ACCEPTANCE & NON- JUDGING



YOU CAN'T STOP THE WAVES BUT YOU CAN LEARN
TO SURF...JON KABAT-ZIN

The CPD Standards Office

CPD PROVIDER: 21411
2016 - 2018

www.cpdstandards.com



WAVE CONNECTIONS 2017. ALL RIGHTS RESERVED.
