



ExpatTherapyBarcelona Nervous System Regulating Group Information

Welcome to Sunday's February 6th, 2022, Nervous System Regulating Group.
I'm so glad you can join me!

Apart from the meeting specifics below, I am also attaching a PDF with information on some of the practices and activities we will be engaging in. It is not a required read, but will give you some more insight in what we are doing and why.

Participation:

To secure your seat - please follow these easy steps at least 2 hrs before the event:

1. Submit payment (15€/€15) through PayPal here:
paypal.me/expatherapybcn/15
2. Upon successful payment, you will receive a personalized Zoom invitation link.
3. On February 6th, 2022 at 5:00 PM CET Barcelona time / 11:00 AM EST / 8:00 AM PST Click the zoom invitation to join!

Time & Contact:

The group will start at 5pm CET Barcelona time, 11am EST and 8:00 am PST. If, by 2 hrs prior to start time, you haven't received an invitation link, please contact me at isa@expatherapybarcelona.com and/or through WhatsApp +34 659 980 224, so we can figure out what's going on.

Confidentiality:

This is an online group session. Even though I would love to be able to see you, anonymity is an option. If you wish to be anonymous, the responsibility is yours to take the following steps before joining the Zoom session: 1. Rename yourself (using the dot menu on top right -> choose "Rename" option). 2. Keep your video option off.

Agenda:

The 90 minute group, will consist of:

- 5-7 minutes checking in
- 25-30 minutes of physical yoga (Kundalini based) and some trauma informed simple movements
- 15-20 minutes of breathwork/meditation
- 15-20 minutes of guided imagery (in which you will do laying down),
- 5-10 minutes of art/journaling/sensory activity
- 5 minutes to close

Some flexibility is to be expected since each group is unique. Of course you may leave quietly whenever you need to.

Props:

For this Sunday February 6th, 2022 you will need the following:

- 1. A mat, fur or blanket to practice and lay on.**
- 2. A blanket to cover yourself at the end of class**
- 3. Cushions to use whenever and wherever needed for a pose, meditation, laying down.**
- 4. Water or tea to drink, a snack if you need it (sometimes a little boost is needed).**
- 5. Paper and pen (you could use a device, but using your entire hand to write engages the brain in a more holistic/mindful way).**
- 6. Bring a mirror, small one is fine.**

Always be gentle with yourself:

Throughout the entirety of the group, I'd like to invite you to be very mindful of your body, how it feels, the sensations you may be experiencing, the way it responds to your movement and your breath. Always be gentle with yourself. If you have, or have had, any injuries, pain, or if you are pregnant, please let me know ahead of time so that we can address the best way to support your experience. Some breathwork is not recommended while on the first 3 days of your cycle.

General notes:

I ask that you keep your sound on mute for everything but the "checking-in" and "close" sections. I reserve the right to remotely mute anyone who forgets. But what if you have something to say! No problem - you can either use the Zoom chat function or turn on your mic and share.

The attached PDF lists key principles and practices that we will be utilizing and exploring in all groups. Each group will be different, but they will all share these practices and concepts in different forms. Since I will be practicing Kundalini Yoga technology, I will begin each group with a Mantra; ONG NAMO GURU DEV NAMO. If you've been to a Hatha Yoga class, you've noticed that they begin class by chanting the Mantra OM. In Kundalini the mantra written above is utilized instead. It means I recognize and bow to the divine wisdom within me/to all that is. Don't worry, if you're new to Kundalini Yoga, don't know, or don't want to recite it along with me, just listen to the sound of it and follow it with your mind!