**What to Expect**

Thank you for joining us for this day of mindful movement (yoga), connection and community anchored in the work of Sonya Renee Taylor and her book “The Body is Not an Apology”. The day will be a fluid blend of gentle yoga, mindfulness, journaling, teachings and sharing.

**What to Bring**

This will be a full day so please bring along things that will add to your nourishment and comfort. We will provide light snacks, extra mats and blankets if you need them. Things you may wish to bring include:

* Fidgets
* Pillows
* Blanket
* Yoga mat
* Yoga blocks/bolster
* Water
* Comfy clothes
* Lunch
* Paper/journal
* Pen/Art supplies
* Art supplies

**Yoga and Mindful Movement (no need to be bendy)**

This day is about connecting with your own felt experiences and inviting in a sense of embodiment. This means that although we will be invited to move, notice and feel our bodies as much as we are able, there is not a focus on alignment or “doing” any one pose. Movement portions of the day are designed to be accessible and both facilitators will be moving between a chair for support and resting on the floor. We trust your body’s wisdom so if something doesn’t feel right or creates acute pain in your body, we ask that you pause, stop or shift to another position.

**Yoga as a Philosophy**

Yoga as we know it most commonly in North America is an adaptation of a spiritual, cultural tradition that originated over 5000 years ago in what is now Northern India. Over time, many different traditions and styles have evolved, with western yoga flourishing in North America from the 1970s on-ward. It is important to recognize that historically, yoga and Ayurveda were banned in India while it was under British rule and the yoga practiced in North America is very different than its original roots and intention. Historically the Asana (movements) are only a very small part of a larger model for living that incorporates 8 limbs or areas of practice.

This workshop incorporates some elements of traditional yoga philosophy and hopes to create the space to reflect on what it means to exist as an embodied human in our current times and context.

**Reflecting, Sharing and Teaching**

Some of the content that we will explore might be uncomfortable and may cause some activation in your system. We ask that you invite compassion for yourself and for others as we journey through this space together. We ask that all participants to be open to differing opinions and help us hold a space with love, respect and care.

**Accessibility Needs and Allergies**

Chairs will be provided if you choose to access one throughout the day. Quiet fidget materials will be provided, and you are encouraged to bring along what might work best for you. We are intentionally exploring different ways to process information including visual cues, kinesthetic, conversation, journaling and art. If you have accessibility needs we may have overlooked please let us know so we can better support you.

One of our facilitators is ***allergic to Sandalwood*** and sensitive to heavy scents and perfumes (even if they are an essential oil). We invite you to enjoy those beautiful scents after the day is done.

If you have a severe allergy to any food or product, please let us know in advance and we will avoid bringing in that product.



**Name:** **Pronouns (they/she/he etc.):**

**Emergency Contact Name:**

**Emergency Contact Number:**

Please indicate (circle/highlight) if you have any of the health experiences listed below. While our movements are intended to be gentle throughout the day, some postures can be made more safe, nourishing and comfortable if we are aware of any physical needs in advance.

Recent injury/operation

Heart condition

High/Low blood pressure

Stomach/bowel conditions

Diabetes

Fibro/fatigue/migraine

Glaucoma

Asthma or COPD

Recent Pregnancy or Birth

Is there any other information you feel it would be important for us to know?

We encourage you to review the information sheet above and ask us any questions that may arise prior to completing this section of the form.

[ ]  I have read the above information sheet and understand that as in any physical activity, there is a risk of bodily harm and discomfort. To help mitigate this risk I agree to gently come out of any position or activity and rest if needed.

[ ]  I understand that various emotions may arise during the day and that some may be challenging or uncomfortable for me. I understand I can pause, take a break or opt out of activities to tend to my emotional needs.

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have read the “Body is Not an Apology Information and Consent Form” and asked any questions I had. In signing this document, I agree that I choose to release Heather Rowland, MSW, RCSW, CYA- RYT 200 and Amy Marco, Registered Psychologist, from liability relating to personal loss, injury, and/or damage resulting from participation in “the Body is Not an Apology” Day of Mindful Movement, Connection and Community.

Printed name:

Signature:

Date: