



**WEEK 1** BREATHE EASILY

**WEEK 2** FOCUS CLEARLY

**WEEK 3** MOVE FREELY

**WEEK 4** REST DEEPLY

**WEEK 5** REMEMBER GRATITUDE

*We are here to help.*



Abuse Support & Prevention  
Education Network

# MINDFUL RESILIENCE FOR TRAUMA

REGISTRATION IS  
REQUIRED

For more information,  
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Mindful Resilience through breath and movement is a compilation of yoga practice and meditative exercises. Practices are chosen and formed based on clinical and neuro-scientific knowledge about post-traumatic stress and its treatment. This program is built from a practice that was originally created to serve military veterans recovering from post-traumatic stress and other psychological difficulties due to experiencing a traumatic event or series of traumatic events. In offering this free 5-week program, ASPEN hopes to help participants navigate through any trauma they've experienced by finding healthy coping and resiliency mechanisms. The 5-week program will be broken down weekly to encourage participants' confidence in their ability to connect movement with breath.

#### Week 1: Breathe Easily

We will learn 4 different breathing techniques used to support a sense of awareness and calm while encouraging relaxation. These breathing practices will be used as a tool to create a greater mental control over emotions and our reactions to those emotions. Regulating the breath is the easiest and quickest way to bring ourselves back into our bodies.

#### Week 2: Focus Clearly

We will learn how the mind can cause distress when it is out of our control. By using meditative practices, this will allow us to gain control of the mind so we can use it to our benefit instead of causing us distress. By using some of these meditative methods participants are encouraged to find clarity and peace of mind.

#### Week 3: Move Freely

By connecting breath to the body, Mindful movement encourages our body to stay present while allowing traumatic residues to move out of the body, mind and spirit. This is where participants will experience the general idea of "yoga" and its benefits. Props, variations and modifications will be offered to encourage honoring our bodies exactly as it is.

#### Week 4: Rest Deeply

Yoga Nidra is a guided meditation practices that is often referred to as "conscious sleep". Participants will be given as many props as needed to feel absolute comfort before moving through a series of body scan techniques and gentle breathing practices.

#### Week 5: Remember Gratitude

This is a simple practice that starts with just being grateful for what we have in our lives. Acknowledging one thing for which we are grateful. The practice of gratitude leads to building and broadening of inner resources that leads to mindful resilience. This final week we will link breath, meditation, movement and guided rest with gratitude to create a full and dynamic yoga practice.

**This is for anyone directly affected by post traumatic stress to include secondary trauma. Survivors of domestic violence and sexual assault, primary and secondary victims of drug or alcohol abuse, military veterans, first responders, teachers, health care professionals, social workers, and anyone struggling with a negative mind set looking for support.**