

Each of the four live online afternoons will follow a schedule such as this:

4-5.30pm - arriving short practice and introductions/ Q&A with overview of presentations

5.45pm-6.30pm – physical practice

6.45-7.45pm – breakout groups to discuss the previous practice with guidance on how it relates to the overall theme with a specific focus; followed by group reflection

8-8.30pm – closing breath/subtle practice

Each afternoon has a different theme with the following presentations and personal practice (with videos provided) to be completed in preparation for the live sessions:

Day 1 Theme: The Experience of Stress, Burnout and Fatigue

Presentations to watch before:

1. What are Stress and Burnout? - Charlotte
2. Relaxation Response and the Breath - Leah
3. An overview of Fatigue and Associated Conditions including ME/CFS - Charlotte

Practices to do before:

- Constructive Rest Position to Somatic Practices - Charlotte
- all-fours to lunge, moving from psoas & diaphragm – Leah
- Z-legs, spine undulations and skull-sacrum polarity - Charlotte

Day 2 Theme: Nervous System Safety

Presentations to watch before:

1. Gunas and Doshas - Leah
2. Inflammation and links to trauma, stress and effects – Charlotte
3. Self-Compassion - Leah

Practices to do before:

- Relaxation response – Leah
- Somatic to Adrenal Response Exercise - Charlotte
- Standing practice; grounding, orientation - Leah

Day 3 Theme: Trauma and Identification

Presentations to watch before:

1. Polyvagal theory and skull-sacrum polarity - Charlotte
2. Samskaras/ identification - Leah

Practices to do before:

- all-fours explorations for fascial movement from the belly (Charlotte)
- Viparita Karani practice (Leah)
- Chair practice to restorative supported inversion (Charlotte)

Day 4 Theme: Holding Energetic Space & Teaching Considerations

Presentations to watch before:

1. Contributing characteristics for stress, burnout & fatigue – teaching considerations - Charlotte
3. Sound and Mantra - Leah

Practices to do before:

- Floor-based practice over a bolster - Leah
- Somatics into restorative - Charlotte
- Breathe with Ease, Move with Peace - Leah