Robert Irachi

Critch

Amanda zandts

Course

Yoga-

CBT

Goal setting

1st session-

Me-Introduction-anxiety-connecting-anxiety /10

Thoughts so powerful-aware of thoughts-reframing-

Nicole- getting to know to your emotions

settigna few guidelines-expectations-having respect for each other-each person might want to share

confidentiality

Nicole-Getting to know each other

-erica-goal setting exercise

sukhasana-meditation pose-help connect energy-5 min

check in anxiety /10

2nd session

Intro-check in everybody

Psycheducation-cBT-how thoughts affect behaviour-overview what emotions do and what they help us do

anger sadness-we need them and how they can be helpful

when emotions become problematic-one helpful and when been helpful

Stress response-

2xYoga pose-

yoga nidra

3rd session

intro

Psycho ed-Primary emotions and seconadary emotions

Unhelpful thinking patterns-x2 more apparent with anxiety-future predicition mind reading

Jumping to conclusions

Yoga pose-x3

Hypnosis-resolving anxiety

4th session

-importance of food

Intro-check in-

Behaviour and food sleep hygiene-food

Nutrition-10 discussion-fats-brain-

Food for

Mindful eating-chocolate and sultanas

Breathing exercises

5th session

Intro

Self compassion-researcher-self compassion space-

Treating self friend-

Mediation-practice

**Me**-

Imagine a person you love and is going through a struggle-how ould you support them and how would u say it what tone ould you use-would u be judgemental/not-

See yourself look at you-be kinder be best friend

Non judgement-

Breathing

Hypnosis-meeting the person in your life that most loved by

Practice-1 mindfulness technique

6th

review goals

self criticism-next time what could they say to themselves instead

why using personalistion-how not really based on truth

rounding up have gained changes-

refining goals moving forward-