

FOUNDATION PRACTICE (about 1.5 hour)	Sequence assumes general ability; refer to your teacher training for appropriate modifications. Be creative. Pick and choose. Remember: It Depends!	Interventions are ways to embody the steps. In 1-3 we are turning the vessel right side up.	The function of practice is whatever supports balance/ integrating cognitive w/somatic
Pose/Sequence	Cue Ideas	Intervention	Steps/Concepts
Opening/ Centering			
	When we consider Foundation, we are strengthening our connection to the here and now. What's present? The first step requires honesty- we cannot shift that which we do not acknowledge- and humility- turning the vessel upright to establish a stable and solid base- resourcing support. Begin seated, allowing the eyes to close or the gaze to soften in front, if that works better for you.	This practice focuses mostly on Foundation (Steps 1-3) but builds in other elements too. It may help support those just beginning, needing extra grounding and support, or returning to basics.	
GCO	Let's Ground ourselves. Feel what's beneath you, what supports you. Root into that support. Notice your Center, and breathe into and out of your center. Now Orient yourself: notice who and what surrounds you. See the shapes, colors, light and dark, feel the temperature of the air, the clothing on your skin. ("Notice the sensations in each that let you know you're grounded/centered/oriented in present time awareness.")	Keep Coming Back, Practice These Principles in All Our Affairs (every moment there is an opportunity to use one or all three of these)	Foundation or Step 1-3 Acceptance, Honesty, Openmindedness, Willingness, Humility, Awareness, Trauma Resourcing, Seeking Support
5 Body Meditation	Notice what's present in 1)Body, 2)Energy, 3)Mind, 4)What's Your Intention? Our intention is often the fuel for manifestation. What's most important to you? And 5)Heart, the spiritual heart body, bringing hands together or placing in any way that is reverent, nurturing, or meaningful to you. (Cue a deep breath between each to move awareness deeper)	Keep Coming Back, Practice These Principles in All Our Affairs (every moment there is an opportunity to check in with ourselves)	Foundation or Step 1-3 Acceptance, Honesty, Openmindedness, Willingness, Humility, Awareness, Trauma Resourcing, Seeking Support, Honoring Intention, Honoring Connection to Spirit

CGIS	<p>Take a moment to honor your sense of Connection. Take a moment for Gratitude. What are you grateful for? A truly grateful addict won't use. Take a moment to recall your Intention. what you do, how you show up, matters. You have an important role to play in this lifetime. Intention is often the fuel for manifestation so how do your thoughts, breath, and actions support that which is most important to you? And take a moment for Service. We can't keep what we have without giving it away. Remember someone who needs a little extra love and support. Take a big inhale, and with me, a long exhale sending out love, light, support, and prayers for happiness, joy, and freedom. We can always keep coming back to our sense of connection, our gratitude, our intention, and that little bit of service, no matter where we are in our practice or in our day. We keep coming back.</p>	<p>Keep Coming Back, Practice These Principles in All Our Affairs (every moment there is an opportunity to use one or all of these)</p>	<p>Foundation or Step 1-3 Acceptance, Honesty, Openmindedness, Willingness, Humility, Awareness, Trauma Resourcing, Seeking Support, Honoring Intention, Honoring Connection to Spirit Dharma and Svadharma Connection to Spirit, Devotion, Service</p>
Movement/ Postures			

<p>Cat/Cow</p>	<p>Eyes open, inhale, from your base, relax your belly, and bring your belly and heart forward and up- the chin and the eyes lift toward the sky; exhale, gently draw the muscles around and below the navel in and up, bringing the belly and chest back toward the back body, the chin toward the chest, the gaze toward Mother Earth. Inhale, exhale. Keep moving. The home of the inhale is the heart; the home of the exhale is the belly. Breathe in, and breathe out. Spinal movements with breath are wonderful for self-regulation of the nervous system- stimulating the parasympathetic nervous system, our body's rest and digest system- also, they stimulate the vagus nerve, which enervates all life-sustaining functions. Breath is life- as we say, the more breath you have in your body, the more life you have in your body. Three more. Now, Stay for a bit in Cat; Inhale, Exhale. Notice what is present. Stay for a bit in Cow; Inhale, Exhale. Notice what is present. Come back to neutral spine; inhale....</p>	<p>Intervention: Repetition and Stay. Repetition: energy moves as we create new patterns in our bodies. Moving stuck energy is a big aim of Y12SR. Getting out of our old patterns and into new, healthy ones. Stay: Creating physiological and psychological resilience Moving the spine six ways in a practice provides balance with a short time for practice. This is two directions of 6 (forward and back).</p>	<p>Steps 4-9 Fearlessness, Courage, Energy Clearing, Willingness, Steadfastness, Transformation, Renewal</p>
<p>Tabletop (or Down Dog, or Seated- any symmetrical pose)</p>	<p>Notice your base has changed. Notice your elbows, softening the elbow joints for energy flow. When we lock a joint, it's often said we block the flow of energy- and we want that energy to move. Connect to Mother Earth, hug in all that energy. What is that like? Connect to your source of strength and stability. Feel the connection between the top of the pelvis, to the lower ribs, then to the heart, then to the jawline-- hug the muscles of the arms and legs in toward the bones, feel your shoulder blades down and back and on your back. Reclaim that energy. Notice as you breathe you also release that which is not yours to carry. What does that feel like? Draw the jawline back and connect to your ability to speak your truth. It's a powerful thing to speak your truth.</p>	<p>Foundation/Core/Expression, Practicing these Principles In All Our Affairs</p>	<p>Steps 1-12, Back to Basics, Honesty, Openmindedness, Willingness, Reclaiming Energy, Inner Strength, Trust, Faith, Communication</p>

Head and Neck Movements	Take a moment to roll the jaw, circle the head and neck. Turn your head gently right, then left. Remember that “no” is a complete sentence!	Issues in the Tissues	Expression, Boundaries, Communication, Step 10-12
“Earth Salutation”	Inhale Table; exhale Child’s Pose. Inhale Table; exhale Child’s or Dog. Breath and movement, together. Then rest in Child’s Pose.	Grounding, Repetition and Stay	Steps 1-3, Resourcing, Seeking Support, Changing Patterns, Steadiness, Focus, Ease of Effort
Child’s Pose	Your mat is one place you ALWAYS have 100% choice. If this pose does not feel restorative to you, find another pose that is. Come to sit, or lie down knees to chest, or any other pose that does. Or modify your position, asking yourself: what do I need in this moment to be restored? Adjust your arms, wider or by the sides; palms up or down, or head resting on one or both hands. Knees: wide or narrow. This is self-care. Intervention here: A chance to hit the pause button. In Step 2 we come to believe that a power greater than ourselves could restore us to sanity. There are moments in our lives when we just need a break. Know that you ALWAYS have a choice to pause even when you feel overwhelmed by whatever’s going on. Our base here has changed, but every pose has a foundation. Notice where your body meets the floor. If you need support here, take a moment to find it. Knowing when to pause, when to sit, for self-care, for guidance, is the embodiment of the wisdom to know the difference. Notice the tendency to want to come out, even from child’s pose. Stay: working with physiology and energy. it’s possible to rest a little longer here, to find stillness. Breathe into your center, and breathe out of your center. Once again, orient yourself. Allow the nervous system to regulate. And whenever the breath is jumpy, jerky, shallow, or erratic, it may just be time to take a pause... on our mats, in our lives. The body and breath will ALWAYS let you know.	Pause Button; Ground, Center, Orient; Foundation, Core, Expression	Step 2, “Pause When Agitated,” Practice these Principles in All Our Affairs, Self-Care, Honoring Rest, Serenity Prayer, Wisdom to Know the Difference, Seeking Support

<p>Chakravakasana Flow (Cat and Cow Flow; Spinal Balance Flow)</p>	<p>From Table, now extend your right arm and your left leg. Hold, inhale; exhale, lower both to the floor. Switch sides- your left arm and your right leg. Hold, inhale; exhale, lower to the floor. 2x. Now, inhale, extend your right arm and your left leg; as you exhale, bring your right elbow and your left knee together. Inhale extend; exhale together. 2x. Switch sides. 2x. Inhale extend right arm and left leg... lift a little higher... breathe... inhale reach, exhale release. Switch sides. 2x</p>	<p>Core, Issues in the Tissues</p>	<p>Steps 4-9, Clearing and Reclaiming Energy, Inner Strength, Focus, Ease of Effort, Paying Attention, Steadiness, Commitment</p>
<p>Low Cobra Flow</p>	<p>Draw the chin in, and bring your hands by your rib cage, press down through the tops of the feet and the hips as the navel center draws in and up. Inhale and lift your chin, chest, and arms; exhale, lower. Inhale lift, exhale, lower. 6x. Feel the muscles between your shoulder blades, engaging, coming to life. It's important to open the heart-- no question. As we heal, our hearts open. But just as important as opening our heart is to have our own back. Both energies are necessary for our survival.</p>	<p>Sustainability and Self Care, Dual Action</p>	<p>Steps 4-12, Core and Expression, Boundaries, Self-Care, Balance, Moderation, Middle Path, Discernment, Discipline, Self-Respect, Restraint</p>

<p>Tadasana (Mountain Pose)</p>	<p>Press up and walk forward to the front of your mat. Take your time. Then build Mountain Pose. Press down from the four corners of your feet. Spread your toes. Now, from your feet ignite your core and from your core open your heart. The front of the hips move in and up, as the tailbone roots down. Inhale, the belly softens, the heart lifts; exhale, the muscles around and below the navel move in and up. The side body is long, the shoulder blades are down, back and on your back- and the crown of the head, the spot that was soft when you were a baby, opens like a beautiful flower toward the sun. So we are rooted into the Mother herself, and reaching up toward the sun- we're in the perfect place, right here, between heaven and Earth. Recall that Tadasana is said to be the template for all postures-- that we can embody the mountain in every moment. What does this balance and steadiness feel like?</p>	<p>Practice These Principles In All Our Affairs, Foundation, Core, Expression</p>	<p>Steps 1-12 (depending what you focus on most, but Tadasana is a chance to practice homeostasis, balance, and steadiness on the recovery path), Focus, Balance, Dignity, Effort and Ease</p>
<p>CGIS, GCO, 5 Body Med</p>	<p>Can call attention back to any of these here, to notice what's present now.</p>	<p>Keep Coming Back</p>	<p>Keep Coming Back, Awareness, Introspection and Self-Care</p>
<p>Lateral Flexion</p>	<p>Keep a balanced foundation in your feet and legs and move into lateral flexion-- taking hold of right wrist, overhead, with left thumb and forefinger-- hip points in and up, stabilize the core, inhale, exhale move left and hold, breathe into sensation-- release a little, exhale, then repeat, hold, release. Switch sides. 2x</p>	<p>Practice These Principles in All Our Affairs, Repetition and Stay Moving the spine six ways in a practice provides balance with a short time for practice. This is two more directions of 6 (side to side).</p>	<p>Core, Reclaiming and Clearing Energy, Practice These Principles in All Our Affairs</p>
<p>Standing Flow (a slightly more accessible substitute for Sun Salutation)</p>	<p>From Tadasana, on an inhale, arms up, rise onto the balls of the feet, gaze a little up; exhale, bend the knees and bring your chest toward your thighs (looks like a skier or chair pose with the arms back). Inhale the arms up for chair pose; exhale, hands at heart and return to tadasana. Repeat 6 or more times. Stay: Chair pose 6 breaths. Inhale, exhale release, forward fold, then lower to the floor and bring the legs in front.</p>	<p>Repetition and stay, Practice these Principles In All Our Affairs, Simple, But Not Easy</p>	<p>Steps 1-12, Back to Basics, Focus, Steadiness, Keep It Simple, One (pose/movement/ breath) At A Time</p>

<p>Rolling Bridge</p>	<p>The hips and knees and ankles align; the base has changed- and now the shoulder blades are down and back and underneath of you. Find your center, set your gaze- then inhale, hips rise; exhale slowly roll down through the spine. Find the home of your inhale in the heart; find the home of the exhale in your gut. The heart and the gut working together- our spiritual and our human identities working as one. It's often said that there will be times when the only thing that stands between us and relapse is our higher power- so as we move and breathe as the embodiment of the divine, we know we are never alone on this path. (And as we move our spines with breath, we increase our ability for self-regulation of our nervous system.) Now hold bridge... Inhale... (short pause or hold)</p>	<p>Core, Issues in the Tissues, Expression, Reclaiming Energy, repetition and stay</p>	<p>Steps 4-12, or 1-12 depending on your focus, Clearing energy, Increasing Resilience, Devotion, Support</p>
<p>Apanasana (knees to chest) or rest pose</p>	<p>... exhale lower, rolling down to apanasana (knees to chest) or constructive rest- knees together, feet at edges of mat. Allow yourself to land here.</p>	<p>Pause Button</p>	<p>Step 2, Pause When Agitated, the Wisdom to Know the Difference, Self-Care, Seeking Support</p>
<p>Spinal Twist (any variation works here)</p>	<p>Extend the left leg, and now take a deep twist- noting our base has changed, rooting through the back body, allowing support from Mother Earth as we bring our right knee across the body, our gaze over the right shoulder... Breathe, then switch sides.</p>	<p>Moving the spine six ways in a practice provides balance with a short time for practice. This is two more directions of 6 (twisting right and left).</p>	<p>Clearing and Reclaiming Energy, Release, Let Go, Surrender, Renewal, Steps 4-9</p>
<p>Savasana /Final Rest</p>	<p>Notice the freedom and energy of surrender that comes from working with spiritual principles at the felt level. ... As the time for deep rest comes to a close, know you can come here any time, using your awareness, your breath, and your presence. It's always available. Take your time coming up, and honor the time it takes for the transitions. So often, we rush through those times. Come to sit.</p>	<p>Surrender</p>	<p>Steps 1-12 (all steps have some element of Surrender), Step 3, Step 10, Step 11</p>

Closing Practices			
Pranayama and Mudra for Foundation	<p>Now we'll practice a 4 part breath. Gradually make your inhales and exhales the same length; after the inhale, hold for half the length of your inhale; exhale, then hold for that same half of the length of exhale. Let's use the Chin Mudra. Mudras are powerful techniques which activate the nervous and endocrine systems of the body. They are a way of holding the power of recovery in our own hands. Palms up, Index finger touches tip of thumb and other 3 fingers fall toward the earth. Thumb is said to represent God or HP or universal consciousness. The other fingers, in short, represent everything else. This mudra reminds us to live in harmony with a power greater than ourselves, and to let go of the rest.</p>	Foundation, Step 2, Mudras: It's In Your Hands	Clarity, Focus, Balance, Energy, Devotion, Honoring Connection to Divine/HP/ Source, Restoration and Support
CPR Meditation	<p>Return to natural breathing. Soften what you can, and walk your awareness to the place where you imagine your eyes, ears, and nose meet, back in the center of your mind. For 1 minute, simply release creating, pursuing or resisting thought. Thoughts will arise, that is what they do. They move in and out, constantly. The Ancients called this the monkey mind. However, now for just 1 minute, see if it's possible to release creating (or initiating) thought, release pursuing (or chasing) thought, and release resisting (or fighting) thought. Just watch. And let it go. Let it all go. (can extend to 2, 3 or more minutes as group is ready)</p>	Through Prayer and Meditation	Step 11, Improving Conscious Contact, Emotional Sobriety (awareness in center/limbic brain), Letting Go, "We have ceased fighting anything or anyone" (Big Book)
Closing	<p>Notice what's present... Bring your hands together at the heart or place them in any way that is supportive, devotional, or nourishing to you. Take a big breath in with me, and as you exhale, allow your chin to fall toward your chest, your head to bow toward your heart. Namaste.</p>		