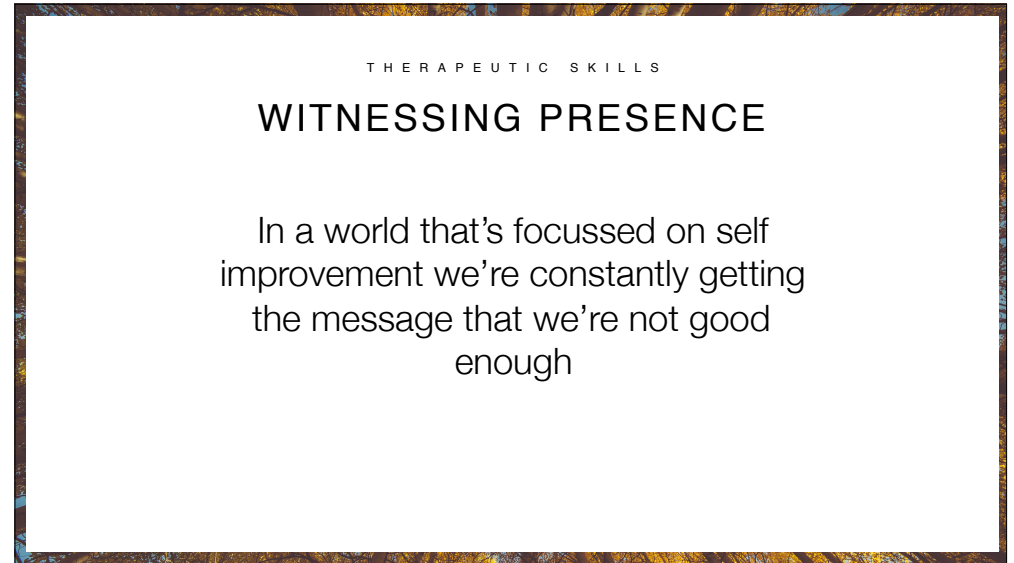


THERAPEUTIC SKILLS

**COMPASSIONATE
NON-JUDGEMENTAL
WITNESSING
PRESENCE**

1

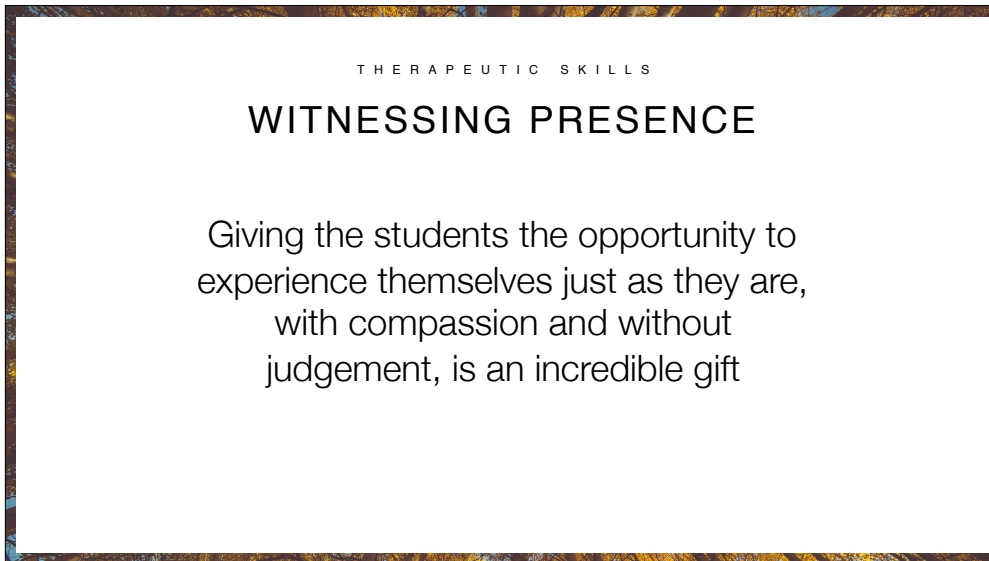


THERAPEUTIC SKILLS

WITNESSING PRESENCE

In a world that's focussed on self improvement we're constantly getting the message that we're not good enough

2

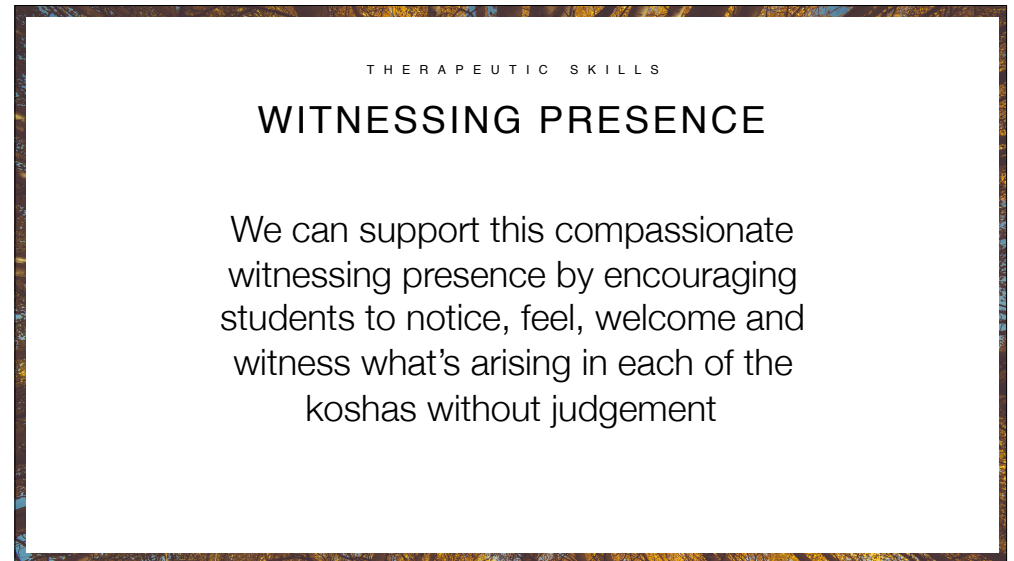


THERAPEUTIC SKILLS

WITNESSING PRESENCE

Giving the students the opportunity to experience themselves just as they are, with compassion and without judgement, is an incredible gift

3



THERAPEUTIC SKILLS

WITNESSING PRESENCE

We can support this compassionate witnessing presence by encouraging students to notice, feel, welcome and witness what's arising in each of the koshas without judgement

4

THERAPEUTIC SKILLS

WITNESSING PRESENCE

A brief practice

5

THERAPEUTIC SKILLS

WITNESSING PRESENCE

In Mental Health Aware Yoga,
our focus is always on the first two
koshas, annamaya and prāṇāmaya

6

THERAPEUTIC SKILLS

WITNESSING PRESENCE

One of the most profound things we
can offer our students is a space for
them to be present with themselves,
just as they are, without trying to fix or
change anything

7

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Throughout the class you could invite
the students to pause and sense the
effects of the practice on the body,
breath and mind

8

THERAPEUTIC SKILLS

WITNESSING PRESENCE



9

THERAPEUTIC SKILLS

WITNESSING PRESENCE

At the end of the class, you could guide students through the koshas again while in savasana, encouraging a compassionate and non-judgemental stance of whatever is arising

10

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Increasing body awareness

Richard Miller

11

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Increasing mindfulness

Richard Miller

12

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Experiencing sensations, emotions, cognitions and joy without reactivity or judgement

Richard Miller

13

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Catching the emotional or cognitive valence (positive, negative or neutral) of the experience before the story or the reaction occurs

Richard Miller

14

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Pairing non-judgemental witnessing and welcoming with deep physical letting go

Richard Miller

15

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Activating the frontal neo-cortex

Richard Miller

16

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Activating the hippocampus

Richard Miller

17

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Calming the amygdala

Richard Miller

18

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Expanding the 'window of tolerance'

Richard Miller

19

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Nourishing equanimity

Richard Miller

20

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Building a holding container of vast and spacious perspective

Richard Miller

21

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Developing an ability to sense and track subtle objects and movements of energy

Richard Miller

22

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Increasing ability to maintain focus, concentration and absorption

Richard Miller

23

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Decreasing distractibility

Richard Miller

24

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Decreasing intellectualisation

Richard Miller

25

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Increasing first hand experience

Richard Miller

26

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Increasing internal locus of control

Richard Miller

27

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Increasing self confidence, self love
and self trust

Richard Miller

28

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Decreasing reliance of external
second hand information

Richard Miller

29

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Increasing range of human experience

Richard Miller

30

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Decreasing reactivity

Richard Miller

31

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Increasing responsiveness

Richard Miller

32

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Increasing resiliency

Richard Miller

33

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Increasing dis-identification

Richard Miller

34

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Increasing wellbeing, safety, security,
empowerment, authenticity and
spontaneity

Richard Miller

35

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Increasing intuition

Richard Miller

36

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Increasing a felt sense of our spacious,
timeless, perfect wholeness and
completeness

Richard Miller

37

THERAPEUTIC SKILLS

WITNESSING PRESENCE

Increasing a sense of internal freedom

Richard Miller

38

T H A N K Y O U

39