

Appendix A
MiYoga Program Summary

Week 1	Theme	Welcome	Introduction to Mindfulness	Hatha Yoga	End of Session
	<p>Explore our everyday life with awareness in the present moment</p> <p>Focus of session is on being mindful while performing yoga postures; and to teach participants their individualised modifications</p>	<p>Getting to know you – pass the ball around in a circle.</p> <p>Explain the that over the next 6 weeks we are be training to be explorers of our feelings, our thoughts and things in our everyday life</p> <ul style="list-style-type: none"> • Housekeeping • Give out MiYoga packs • Set group rules 	<p>Introduction to mindfulness and mindful movements ie. raise arms with awareness and discuss if they feel any different.</p>	<p>Go through yoga postures.</p> <p>Therapist will teach participant their modifications to each posture and teach participants how to safely go in and out of each posture.</p> <p><u>Mindfulness relaxation</u></p> <p>Progressive muscle relaxation exercise</p>	<p>Discussion - what they experienced through their exploration today and time for any questions.</p> <p>Remind them of their homework 20 minutes of practice a day along with poster and CD and to record their daily practices in their diary.</p> <p>Complete end of session questionnaires.</p>
Week 2	Theme	Review and Mindfulness Explorations	Hatha Yoga	Mindfulness relaxation	End of Session
	<p>Senses: Feel/Touch</p>	<p>Review last session and briefly discuss home practice in the last week.</p> <p>Introduction to Feel/Touch</p> <p>Exploration exercises</p> <ol style="list-style-type: none"> 1) Feel and describe object with hands 2) Whose hands are they? 3) Mirror Me 	<p>Practise yoga postures.</p> <p>Therapist will monitor participant's progress and continue to modify the poses as the child progresses in each posture.</p>	<p>Body Scan</p>	<p>Discuss what they experienced during the body scan and from the session.</p> <p>Remind them of their homework 20 minutes of practice a day along with poster and CD and to record their daily practices in their diary.</p> <p>Complete end of session questionnaires.</p>

Week 3	Theme	Review and Mindfulness Explorations	Hatha Yoga	Mindfulness relaxation	End of Session
	Hearing	<p>Review last session and briefly discuss home practice in the last week.</p> <p>Exploration exercises What do you hear?</p> <p>Sound exercises - clasp hands over ears, what do you notice? Make sounds with our breath – practice the ocean breath, pranayama (yogic breathing exercises)</p>	<p>Practise yoga postures.</p> <p>Incorporate ocean breath into the postures by linking movement with inhalation and exhalation.</p> <p>Therapist will monitor participant’s progress and continue to modify the poses as the child progresses in each posture.</p>	<p>Mindfulness of sound – Tibetan bowl</p>	<p>Discuss what they experienced/heard during the mindfulness exercise and from the session today.</p> <p>Remind them of their homework 20 minutes of practice a day along with poster and CD and to record their daily practices in their diary.</p> <p>Complete end of session questionnaires.</p>

Week 4	Theme	Review and Mindfulness Explorations	Hatha Yoga	Mindfulness relaxation	End of Session
	Seeing	<p>Review last session and briefly discuss home practice in the last week.</p> <p>Introduction to Seeing</p> <p>Exploration exercises What colour eyes do your friends have? What did you see? Mindfulness of the hand</p>	<p>Sound exercises</p> <p>Pranayama exercises</p> <p>Incorporate sound into the postures by linking sounds with exhalation.</p> <p>Therapist will monitor participant’s progress and continue to modify the poses as the child progresses in each posture.</p>	<p>Short body scan and short imagery script</p>	<p>Discuss what they experienced from the session today.</p> <p>Remind them of their homework 20 minutes of practice a day along with poster and CD and to record their daily practices in their diary.</p> <p>Complete end of session questionnaires.</p>

Week 5	Theme	Review and Mindfulness Explorations	Hatha Yoga	Mindfulness relaxation	End of Session
	Taste & smell	Review last session and briefly discuss home practice in the last week. Introduction to taste and smell Exploration exercises 1) What are you eating? 2) Mindful eating 3) Mindful drinking	Eye movements Sound exercises Pranayama exercises Practise yoga postures Therapist will monitor participant's progress and continue to modify the poses as the child progresses in each posture.	Body Scan or Progressive muscle relaxation or Mindfulness of breath or Mindfulness of sound	Discuss their experienced from the session today. Remind them of their homework 20 minutes of practice a day along with poster and CD and to record their daily practices in their diary. Complete end of session questionnaires.
Week 6	Theme	Review and Mindfulness Explorations	Hatha Yoga	Mindfulness relaxation	End of Session
	Thoughts & feelings	Review last session and briefly discuss home practice in the last week. Introduction to feelings – can be pleasant and unpleasant but like senses it is helpful. Exploration exercises 1) Explore thoughts and feelings through listening to short stories and/or music 2) Discussion of thoughts and feelings that arise in our lives. 3) Bubbles of thoughts and feelings exercise	Eye movements Sound exercises Pranayama exercises Practise yoga postures Therapist will monitor participant's progress and continue to modify the poses as the child progresses in each posture.	Short body scan and finding a comfortable place	Discuss thoughts and feelings about the session. Remind them of their homework 20 minutes of practice a day along with poster and CD and to record their daily practices in their diary. Organise times for phone/skype consultations Complete end of session questionnaires.

Week 7	Theme	Review	Q & A and problem solve obstacles to practice	Planning and Setting Goals
Phone consultation	Maintaining MiYoga practice	<p>Review and briefly discuss home practice in the last week</p> <p>Was daily practice maintained? What were barriers to practice? What helped/encourage practice?</p> <p>Any other questions regarding mindfulness or their practice?</p>	<p>Address participants questions</p> <p>Problem solve ways to overcome barriers to practice – be as specific as possible</p> <p>Revisit – reasons for practice - Benefits of yoga and mindfulness</p>	Goals and plans in regards to practice for the next week - be as specific as possible

Week 8	Theme	Review	Q & A and problem solve obstacles to practice	Planning and Setting Goals
Phone consultation	Maintaining MiYoga practice	<p>Review and briefly discuss home practice in the last week</p> <p>Was daily practice maintained? What were barriers to practice? What helped/encourage practice?</p> <p>Any other questions regarding mindfulness or their practice?</p>	<p>Address participants questions</p> <p>Problem solve ways to overcome barriers to practice – be as specific as possible</p> <p>Revisit – reasons for practice - Benefits of yoga and mindfulness</p>	<p>Goals and plans to continue practice - be as specific as possible</p> <p>Discuss maintaining practice over time</p>