



NIROGA™
Transforming Lives and Healing Communities

Intake Survey:

Please Mark a number on each scale that represents how you are feeling in this moment.

The answers are confidential and for self-reflection and research purposes only

Stressed 1 2 3 4 5 6 7 8 9 **10** Relaxed

Distracted 1 2 3 4 5 6 7 8 9 **10** Focused

Anxious 1 2 3 4 5 6 7 8 9 **10** Calm

Add up your three numbers for your total: ____ + ____ + ____ = ____

Reflection:

Post-Practice Survey:

Please Mark a number on each scale that represents how you are feeling in this moment.

The answers are confidential and for self-reflection and research purposes only

Stressed 1 2 3 4 5 6 7 8 9 **10** Relaxed

Distracted 1 2 3 4 5 6 7 8 9 **10** Focused

Anxious 1 2 3 4 5 6 7 8 9 **10** Calm

Add up your three numbers for your total: ____ + ____ + ____ = ____

Reflection:



NIROGA™
Transforming Lives and Healing Communities



NIROGA™

Transforming Lives and Healing Communities

Dynamic Mindfulness Workshop Training Notes

Dynamic Mindfulness Boost Conference Training Objectives and Agenda:

Participants will be able to

- Identify personal stressors and coping mechanisms.
- Utilize tools for stress-resilience that are personally optimal.
- Understand and explain the impact of chronic stress on the brain and behavior.
- Interpret the neuro-scientific basis of how Dynamic Mindfulness works.
- Describe how Dynamic Mindfulness can help mitigate the effects of trauma, including secondary trauma.
- Create a personal practice implementation plan.

Dynamic Mindfulness Workshop Agenda—Wednesday 2:45-4:45pm:

2:45-3:00	15mins	Introductions, Expectations and Review of Agenda
3:00-3:15	15mins	Opening Centering and review of intake survey
3:15-3:25	10mins	Our Biggest Stressors and the 10/90 rule—pg. 4
3:25-3:32	7mins	The Tentacles of Stress and Trauma—pg. 4-5
3:32-3:40	8mins	Vertical Integration—pg. 5-6
3:40-3:55	15 mins	15 minute TLS/Dynamic Mindfulness Protocol pg. 9-10
3:55-4:00	5mins	Practice Reflection
4:00-4:25	25mins	Teaching Practice
4:25-4:30	5mins	Practice Reflection
1:25-1:30	10mins	Final reflections and closeout pg.

Additional Resources:

15min Dynamic Mindfulness Protocol—pg. 9-10

Transformative Life Skills (TLS) Research Findings and the Habits of Mind—pg. 11

TLS Research Findings and National Research on Youth Development—Pg. 12

Trainer Contact Information:

Coleen Armstrong-Yamamura, Education Program Director: coleen@niroga.org



Mindfulness is now a part of our school's culture, it is not something separate, it is not something that we do just during morning announcements or before class, it's part of what we do, it is who we are, and it is becoming that way because the kids are taking ownership

- Scott Worthing (Principal King-Chavez Arts Academy) 



NIROGA™
Transforming Lives and Healing Communities

I. Expectations:

What are your expectations from the training today? What information or knowledge would you like to come away with from the training today?

II. Our Biggest Stressors and the 10/90 Rule:

A. What are some of your biggest stressors? Please reflect on both your personal and professional life.

B. How does stress effect you? How does your behavior change when you are stressed out?

III. Tentacles of Stress and Trauma:

A. Impacts of Chronic and Traumatic Stress on the Brain:

- Attention Control
- Emotion Regulation
- Coping Strategies
- Empathy



NIROGA™
Transforming Lives and Healing Communities

B. The stress response:

Good vs. Bad Stress:

The stress test—how much, for how long?

C. The Sympathetic vs. Parasympathetic Nervous system

D. Modern day hungry bears:

E. A class of practices that rewire our brain—the Mindful ABCs:

A:

B:

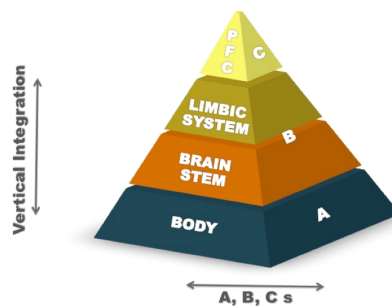
C:

IV: Vertical Integration:

A. What current research has found:

B. Vertical Integration Pyramid:

Vertical Integration Essential for Emotion Regulation





NIROGA™

Transforming Lives and Healing Communities

V. 15min Dynamic Mindfulness/Transformative Life Skills Protocol Reflection:

- A. Did you notice a difference in how you felt after the 15mins practice that incorporated movement compared to the first practice at the beginning of the day that had no movement?

VI. Personal Practice—Anyone, Anywhere, Anytime:

A. Self-Care Practices

1. Looking back at your list of stressors on page, in column one, list some of your current self-care practices that you use to deal with your daily stressors:
2. In column two, brainstorm ways that you can integrate mindfulness into your current self-care practices

1. My current self-care practices:	2. Ways to bring mindfulness into my current self-care practices:

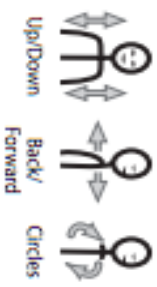
Personal Practice Goals:

When	Where/With Whom	How Long

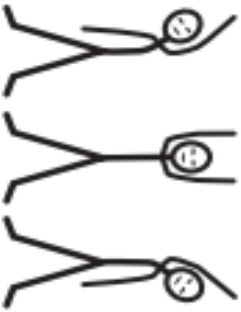
VII. Key Take-Aways and Reflection

You received a great deal of information today. Please list a few key points that stood out to you from today's training:



Movement			Breath		Benefits	
			Belly Breathing: Sit with tall spine, chest open and eyes closed (if comfortable). Bring hands to belly; push belly out when breathing in, and pull belly in when breathing out.		Belly expands with each inhale, and contracts with each exhale. Follow the breath for 2 min. Breathe slow and deep.	
			Vertical Trunk Twist: (12X each side) Hands behind head, elbows out to side, stable stance. Begin twist from hips. Lift opposite heel from side you are twisting to.		Quick exhale as you twist ("puff of air"). Inhale as you transition through the center without stopping.	
			Shoulder Movements: (3-5X in each direction) 1) up/down with fingers clasped in front of you 2) forward/back with fingers clasped behind your back 3) circles with arms by sides; reverse direction of circles		1) Inhale shoulders up. Exhale shoulders down. 2) Inhale opening chest. Exhale stretching out upper back/collapsing chest. 3) Inhale when shoulders are back/up. Exhale when shoulders are forward/down.	
			Neck Movements: (3-5X times in each direction) 1) bend neck back and forward 2) rotate chin side to side 3) drop ear towards shoulder		1) Inhale lifting head up and back. Exhale drop chin to chest. 2) Inhale center. Exhale look to side. 3) Inhale center. Exhale drop ear to shoulder.	
					Stretch upper back; relieve accumulated tension in upper torso. Opens chest, making more room for the breath. Good for reducing depression and breaking down emotional armor.	
					Enhance cervical spine range of motion; relieve tension in neck. Cultivate body awareness. Increase mindfulness. Increases blood flow to brain.	

15-Minute Transformative Life/Leadership Skills (TLS) Protocol

Movement			Breath		Benefits	
			Standing Side Bend: (3-5X each side) Start with stable stance. Bring arms up, spine is neutral. Release one arm down. Bend towards side of lowered arm, lengthening opposite side of body from heel to fingertips. Keep head and neck relaxed.		Inhale bringing both arms up. Exhale to one side. Inhale back to center. Exhale to other side. Inhale back to center. Lateral stretch for spine and muscles on sides of torso. Helps to open room for fuller breathing. Reduces tension. Good for organs on sides of body (spleen, liver...)	
			Rhythmic Thoracic Breathing: (8X) Standing with feet wider than hip distance. Start with palms together at chest. Stretch arms out and back, opening chest, and bring hands back together to chest. 4 count inhale, 8 count exhale.		Bringing arms out to the sides on inhale (count of 4) — opening chest — and bringing hands back together on exhale (count of 8). 4:8 count should be done at own pace without strain. Increase pulmonary efficiency; relaxing, rejuvenating. Good for reducing anxiety. Activates Parasympathetic Nervous System (relaxation response). Reduces Traumatic Stress.	
			Sitting Belly/Rhythmic Breathing and Meditation: Sitting with tall spine, shoulders and face relaxed. Bring hands to belly and breathe into belly. Breathe in to 4 counts and out to 8 counts at a comfortable pace.		Belly expands with each inhale and contracts with each exhale. **Then return to natural breath and spend one minute just watching the natural breath and noticing how you feel. Practice listening without negative judgment. Watch yourself watching your breath. Increases mindfulness. Calming. Centering. Reduces Stress. Increases focus and concentration. Increases connection to self.	



NIROGA™

Transforming Lives and Healing Communities

Niroga Dynamic Mindfulness Teacher Training Evaluation

PLEASE TAKE A FEW MOMENTS TO HELP MAKE OUR NEXT TRAINING EVEN BETTER 4.19.17

Please use the 5-point scale below to answer the following questions on content and facilitation:

Very Satisfied	Satisfied	Neither Satisfied nor Dissatisfied	Dissatisfied	Very Dissatisfied
5	4	3	2	1

Relevance of information?	5	4	3	2	1
Usefulness of materials/handouts?	5	4	3	2	1
Applicability of content to life/job?	5	4	3	2	1
Preparation by facilitator?	5	4	3	2	1
Delivery of facilitators?	5	4	3	2	1
Facilitator's rapport with attendees?	5	4	3	2	1
Overall satisfaction?	5	4	3	2	1

Please circle YES or NO for the following two questions:

- I increased my skills and knowledge by attending this training: YES / NO
- I am able to take some new tools from this training and incorporate them into my life and my programs: YES / NO

What was most beneficial about this training?

How could this training be improved?

Any additional comments?

Thank you!...Niroga Institute Facilitators