

# Interoception-Informed Yoga



<b>Essential Element of Interoception-Informed Yoga</b>	<b>Important Thoughts &amp; Musings</b> <i>*What are the most important concepts mentioned that you want to consider in the future.</i> <i>*What information surprised you?</i> <i>*What information confirmed what you already knew?</i>	<b>Ideas to Try</b> <i>*What are the most important tips that you would like to try in the future?</i> <i>*Why do you think they will be helpful?</i> <i>*How will you implement the tips/ideas?</i>
<b>Trauma-Informed</b>		
<b>Explicit/Direct Invitations to Notice Inner Sensations</b>		
<b>Chunk into 1 Body Part/Area</b>		
<b>Provide Interoception Language Supports</b>		