

Interoception-Informed Yoga



Sensory Safety Scan

Instructions: The goal of a Sensory Safety Scan is to consider the external sensory environment and make modifications that maximize a person’s regulation and felt-safety within that environment. Keep in mind that each person has a unique sensory profile and what might feel safe to one person may not feel safe to the next. Therefore, whenever possible, complete this sensory scan in collaboration. This sensory scan is not intended to be exhaustive, but rather a start in helping to create sensory safe yoga environments so that a person has the attentional resources to tune into their inner experience. Please feel free to add your own ideas.

Outer Sense	Sample Considerations
Visual	<ul style="list-style-type: none"> • Lighting • Placement of participants (front/back of room; facing door/facing away from door; in lines facing forward/in a circle) • Instructor Modeling (full class/parts of class/not at all) • Eyes closed/open
Auditory	<ul style="list-style-type: none"> • Music (genre, rhythm, lyrics, volume) • Chanting • Sounds outside of the yoga space • Instructor cues/voice
Tactile	<ul style="list-style-type: none"> • Use of heat • Placement of heat source • Spacing between participants • Assists (opt-in policy; approach from front; gain permission)
Olfactory/ Gustatory	<ul style="list-style-type: none"> • Incense • Candles • Essential Oils • Diffusers • Perfume/Cologne policies
General	<ul style="list-style-type: none"> • Allowance of latecomers • Door (open/closed; locked/unlocked) • Instructor placement (stationary/moving around) • Supports (blocks, pillows, blankets, chair)