

# Yoga Calm<sup>®</sup> Principles

## Inquiry Processes

### Stillness Inquiry

Think back on a time when you experienced stillness. Where were you? What about that place or time helped you experience stillness? Who was with you? How did you feel? Write a paragraph describing this experience. Pull out key words that will help you later when you design your lesson on Stillness.

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### Listening Inquiry

Take a moment to yourself and listen to your heart. What is it telling you in this moment? Now shift your attention to your body. What is your body communicating? Now think of a time when you felt in touch with yourself and you were listening to your own needs. What were you doing? What made it possible to listen to yourself and respond to your needs? Write a short paragraph about these experiences and pull out key words to help you later when you design your lesson on Listening.

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### Grounding Inquiry

Think of a time when you were frightened or upset and you needed to ground yourself. What did you do? How did this activity help ground you? Were you alone or did you have someone else there? Can you think of three times when you needed to ground yourself and three ways in which you were able to do this? Write a short paragraph about the things that came to mind, then pull out key words to help you later when you design your lesson on Grounding.

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### Strength Inquiry

Think of a time when you felt really strong. What were you doing? Who were you with? How did it feel in your body? What were your thoughts? What was your emotional state like? Can you think of three things you do to make you feel strong and competent? Write a short paragraph about the things that came to mind, then pull out key words to help you later when you design your lesson on Strength.

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**Community Inquiry**

Think of a time you spent with friends and loved ones when you felt supported. Where were you? Who was there? What did they do to help you feel wanted, loved and supported? Write a paragraph about this experience and pull out key words to help you later when you design your lesson on Community.

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