

# THE ART OF SACRED LISTENING

## DAILY MODULE BREAKDOWN

- **Introduction to Community Circles**
  - Focus on Personal Process & Mindfulness-based Grief Education
  - Philosophy & Guiding Principles of Community-Based Somatic Grief Work
  - Introduction to Group Facilitation, Group Dynamics & Sharing Guidelines for leading Community Circles
  - Shifting the Culture of Grief
- **Breakdown of Primary Skills: Focus on Guiding Key Components and Exploration of Grief Through Shadow Work**
  - Grief in the Body: Focus on Presence and Body Awareness
  - Learn how to facilitate CSG's Dharma Talk, Four Body Centering Meditation and Integration Meditation
  - Learn your Triggers and embodying your emotions through asana
- **Deep Listening as a Way of Life**
  - Unconditional Love and Acceptance: The Power of Being Witnessed
  - Reflective Listening Practices
  - Explore your personal biases and judgments through somatic exploration, journaling, discussion, and group sharing
  - Partner Practice + Group Practice + Feedback sessions
  - Learn how to Get out of the Way
- **Grief as a Catalyst for Change**
  - Grief as a Teacher: The art of reflection
  - Advanced Group Facilitation and Guidelines
  - Principles of Trauma Sensitive Yoga
  - Working with Specialty Populations
  - Practice Sessions + Feedback
  - Creating a Bridge Between your Practice and your Life
- **The Business of Leading Community Circles**
  - Strengths and Learning Edges
  - Practice Sessions + Feedback
  - Marketing & Business Practices
- **Closing Ritual & Integration**
  - Practice Sessions + Feedback
  - Closing Ritual + Integration