



## **Yogis Hearing Each Other; A Peer Support Talking Circle**

For those who practice and/or teach yoga and wish to support one another in challenging times.

### **Format:**

A designated facilitator will open the meeting by reading this covenant and instructing the group on how to mute/ unmute. The facilitator will attend to creating safe space and intervene if deemed necessary.

On opening the meeting, the facilitator will show the group how to use the chat function on zoom and ask those who wish to speak indicate that on the chat screen. However you log into zoom, that identity/name may be shown. Video is off on your sign in, you may choose to turn it on or off. Feel free to introduce yourself by name with your first share. In a large meeting, not everyone will have a chance to speak. Please speak only once if others have not had a chance to communicate. We trust that the shares cover a variety of experiences and that the act of generous listening feels as important as speaking.

He/she/they will open and close the meeting, at their discretion, with a brief nonsectarian reading or a simple breath awareness/mindfulness practice

### **Covenant for Meetings**

This is a peer support, voluntary conversation. This group is not intended to diagnose, treat or substitute for behavioral health services. If a person is in need of this kind of assistance they are encouraged to contact their health provider.

1. Creating a safe space for all participants.
2. Sacred Confidentiality and Anonymity: what goes on here stays here. We may share insights or experiences afterwards, but not names. When we ask to be heard, we give the name we wish to use for the meeting, which may or may not be our "real" name.
3. Respect, nonjudgement and compassion for a vast variety of worldviews.
4. We speak from our own experience, strength and hope.
5. We Resist the tendency to fix, manage, advise, control.
6. No cross talk. We define cross talk as directly addressing another member with comments, giving advice, interrupting, profanity, negating, or trying to problem-solve for someone else. We may have a sensation that a share from another person is a trigger. We take ownership of what triggers us, breathe into it, and invite growth from within. In this way we cultivate greater compassion for self and others. The facilitator is the only one who can interrupt the meeting.
7. The person speaking is the speaker. We practice active listening as the speaker shares. When complete, the speaker will signal that their sharing is complete by saying "thank you, my share is complete." After sharing please mute yourself in order to limit background noise on the call.
8. Equality: we limit each share to 3 minutes so we can listen to others. Self-timing is encouraged. A timekeeper will signal, the speaker will acknowledge that he/she/they have heard this "thank you, timekeeper, I'll wrap up", finish the current sentence promptly and pass.
9. Making Space between shares: the facilitator will thank the speaker, and invite and inhale and exhale from the group before asking "and who else would like to share?"

Facilitators will close the meeting with a brief nonsectarian reading or a simple breath awareness/mindfulness practice, at their discretion, thank the group, and make any announcements for the next gathering.

*This is a free event. A small donation is welcome when possible and is gratefully given and received in support of the mission and service of the Baba Siri Chand nonprofit yoga center. Your presence as a gift of time, intention & community is the greatest treasure.*

<https://donorbox.org/baba-siri-chand-yogi-circle>

[www.YogaAtTheAshram.org](http://www.YogaAtTheAshram.org) or call 508-376-4525  
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