

**ITP Program: 3 questions exploring your experience with the current pandemic,
via Zoom video
Michael Choy, GLEE, September 17, 2020
(45 minutes total, you can shorten or lengthen the times)**

1. Ask your members to Connect with their bodies and be present now by giving the following guidance (10 minutes):

- a) If we were meeting in a physical space, I would guide us through a random walk. Since we are on Zoom and some of us are in a confined space, I will guide us to connect with our current way of being in a standing and sitting position.
- b) Stand-up. Put one hand over your heart and one hand over your hara.
- c) Inhale to a count of 4 as you open your arms wide.
- d) Exhale to a count of 8 as you return your hands over your heart and hara.
- e) *Steps c) and d) trigger the relaxation response. Repeat steps c) and d) 3 or 4 times.*
- f) For this next step, you will feel into the 3 questions. Please sit. You will have your eyes closed. After we experience the 3 questions with our eyes closed, we will take 10 minutes to write down our thoughts and share them in dyads.

First Question: What blessings have come with this pandemic?

- Open your body to the blessings you have received since we started sheltering in place. *(give time for the emotions and sensations to settle in. Feel free to repeat the question.)*
- Now keep your eyes closed, and shift your body to receive the next question.

Second Question: What struggles and challenges have come with this pandemic?

- Move your body to feel the tightness and restrictions that have come with the challenges and struggles this pandemic. *(give time for the emotions and sensations to settle in. Feel free to repeat the question.)*
- Keep your eyes closed. Settle your body and feel into this next question.

Third Question: If sheltering in place continues until September 1, 2021, what are your needs? *(give time for the emotions and sensations to settle in. Feel free to repeat the question.)*

- What are your needs around connection, physical well-being, freedom, meaning in life, and harmony?
- When I ring the bell we will open our eyes and write down your thoughts to these 3 questions.
- *Ring the bell.* Now Open your eyes and write down your thoughts to these 3 questions.

- 2. Share the three questions on the Zoom Screen and ask members to write down their answers to the 3 questions. (10 minutes)**
- 3. Create Zoom Breakout rooms and meet in dyads. *Ask members to share their thoughts, insights, and any new awareness that arose.* (15 minutes total, approximately 7 minutes each).**
- 4. Return to the larger group and share your thoughts, insights, and any new awareness that arose. (10 minutes)**
- 5. Thank everyone for the whole hearted participation.**

1. What blessings have come with this pandemic?
2. What struggles and challenges have come with this pandemic?
3. If sheltering in place continues until September 1, 2021, what are your needs?