



Relax More: Deep Listening for  
a Calm Mind, Clear Body,  
and Open Heart

2016 Course Design

Deepen your experience and understanding of how to release excess and habitual stress and tension from the body-mind. **Relax More**, a program based on Jillian Pransky's compassionate framework for relaxing into your life, offers a comprehensive curriculum to create positive change.

Learn tools to respond—rather than react—to life's circumstances in a heart-centered, nourishing way, creating more balance, health, and happiness in your life.

Jillian's deep listening program integrates a wide range of scientifically validated tools, including mindful slow yoga, restorative practices, breathwork, guided relaxation, mindfulness, and metta meditation, along with meditative walks, spur-of-the-moment reset switches, and other proven practices. These techniques are designed to create self-awareness while eliciting the relaxation response—balancing the nervous system and optimizing self-healing. This level of relaxation is known to improve immune function, enhance digestion, and set the body up for growth and repair. It also helps to release habitual tension, making you more comfortable and at ease in your body. Learning to balance and reconnect to yourself in this way can help cultivate a calm body, clear mind, and open heart, transforming your life in ways you never thought possible.

Lessons build upon each other to take you from the very first step—getting grounded—through the process of learning how to live moment to moment in a calmer, clearer, and more open way—whatever your circumstances.

This program combines the convenience of online learning with the connection and inspiration of an on-site immersion. Self-inquiry, reflection, and introductory mind-body materials are available in the easy-to-use online classroom. These prepare you to take full advantage of the experiential teachings and faculty support provided during the on-site retreat. After the immersion, five weeks of asana, breathing and meditation practice videos, self-inquiry tools, reflection, journaling, walking meditations, instant restart tools, and small group work and forums support integration of the core concepts.

During the program, you

- Become aware of how you hold habitual stress and tension in the body and mind, and how to release it
- Learn to pause, relax, and remain open with discomfort
- Find new ways to respond to stressors, allowing for better health and wellness
- Feel capable and empowered to make choices that reduce the impact of stress
- Discover tools to deal with overwhelm, and low-lying anxiety in the daily moments of life
- Gain awareness of self-destructive narratives and tools to choose new responses
- Feel more comfortable offering friendship, compassion, and forgiveness and engage in gratitude, forgiveness, and compassion practices for others
- Feel at home in your body and life.

### **Who Should Take This Course**

This program is for you if you want to slow down and feel more present, grounded, and relaxed in the real moments of your life. Or, if you feel

- Weighed down by stress and tension
- Challenged by a life transition
- Constantly rushed
- Trapped by a never-ending list of to-do's
- Controlled by "shoulds"
- Unsure about how you "really feel" or what you "really want"
- A longing for a deeper connection and friendship with yourself
- Held back by long-standing personal narratives that prevent present-moment living
- You're not quite healthy and not quite happy, and don't know why
- Don't have enough time or energy to figure out what's really going on.

Jillian's program is based on the cutting-edge science of the relaxation response. She offers scientifically validated deep listening tools to take mindfulness deeper than the mind and into the body, so that you can soothe the chronic tension locked in your muscles, quiet your anxiety-driven narratives, and finally feel relaxed inside your body and your life.

Learn to relax again with integrated movement, mindfulness, and compassion practices that help you slow down and release tension and anxiety. Jillian offers practical tools to listen to what your behavioral patterns, muscular tension, and scattered thoughts are telling you right now, as well as how to productively deal with those findings, and make room for new, more nourishing behaviors.

## **What to Expect**

An initial online orientation and welcome help you get the most out of this program and participate in a way that best meets your needs. You are offered a few reflection questions and intention-setting exercises to help you clarify your personal goals for the program. You also receive a short centering practice to help get you in the mood.

On campus, the program integrates slow flow yoga sequences, restorative practices, mindful nature walks, meditation, compassion practices, reflection, and journaling.

Please bring proper shoes and attire for outdoor time, as well as a journal. You are also invited to bring any items to create a small personal space or altar at your mat to help you feel more relaxed and heart-felt (e.g., photos, nature items, personal objects).

Following the on-campus immersion, you participate in five weeks of online modules, each offering the practices you experienced on campus in manageable, bite-sized pieces—through videos, readings, journaling, and off-the-mat practices—to help you integrate and continue developing your new skills in the day-to-day moments of your life.

Each week also includes a Group Call to further discuss these topics and tools. It is an opportunity for each of you to connect more with Jillian and the group. The Group Calls are the heart of this program, as they foster the friendship and community that nourishes growth and transformation.

## **Amenities**

A hallmark of the Kripalu Experience is that students live and learn in an internationally recognized retreat atmosphere. This immersion experience is supported by

- High-quality, all-natural meals, featuring vegetarian, non-vegetarian, Ayurvedic-influenced, and vegan options
- Fitness room and sauna
- Private lakefront beach
- Kripalu lawns, gardens, and walking and hiking trails
- Comfortable relaxation and study areas
- Meditation Room
- The Kripalu Cafe and Wireless Lounge, both with 24-hour Wi-Fi access.

## **Continuing Education (CE)**

This program is currently eligible for Yoga Alliance (YA) credits.

## **Resources**

Throughout the program, you have access to the resource section of the online classroom, which includes the following tools, documents, and videos:

- 15 minute slow flow yoga practice videos
- 10 minute relaxation and restorative practice videos
- 5 and 10 minute guided meditation practices
- Journaling questions
- Inspirational readings
- Daily words of wisdom
- Resource list for further reading

# Course Syllabus

## **Module 1: Preparing Body, Mind, and Spirit**

This module helps you become familiar with the online classroom. There are some assessment and reflection exercises to help you prepare for the immersion

### **Week 1: Introduction**

Meet the faculty, get prepared for the immersion, and receive guidance in joining the online forum.

#### *Module Objectives*

- Learn what to expect in the course
- Receive preparatory materials for the immersion
- Receive homework to be completed for the immersion
- Assess where you are in your life prior to the immersion

#### *Learning Tools*

- Video welcome and orientation with Jillian
- Short centering and mindfulness practice (video)
- Pre-immersion self-reflection exercise
- Journaling questions to ponder before the immersion

## Module 2: On-site Residential Immersion

At the immersion, you

- Meet one another and form support groups
- Discuss slowing down and reconnecting to your sense of feeling grounded and open
- Learn how low-level anxiety and stress prevent you from being present
- Experience slow flow yoga, restorative practices meditation, metta meditation, deep relaxation, mindful nature walks, journaling, intention setting, and rituals for opening to change
- Lay the foundation for taking these practices home.

### Sample Immersion Schedule (subject to change)

Tuesday	5:30–7:00 pm	Dinner
	6:45–7:15	Kripalu Welcome Orientation
	7:30–9:00	Opening Session
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Wednesday	7:00–8:30 am	Breakfast
	9:00 am–12:00 pm	Morning Yoga Session
	12:00–1:30 pm	Lunch
	1:45–3:45	Yoga, Relaxation, and Mindful Walking Meditation in Nature
	4:15–5:45	Kripalu Yoga Classes
	5:30–7:00	Dinner
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Thursday	7:00–8:30 am	Breakfast
	9:00 am–12:00 pm	Morning Yoga Session
	12:00–1:30 pm	Lunch
	1:45–3:45	Yoga, Relaxation, and Mindful Walking Meditation in Nature
	4:15–5:45	Kripalu Yoga Classes
	5:30–7:00	Dinner
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Friday	6:30–7:45 am	Kripalu Yoga Classes
	7:00–8:30	Breakfast
	9:00–10:30	Closing Session
	11:30 am–2:00 pm	Lunch

## Module 3: Taking It Home

The on-site immersion is followed by five weeks of online modules. Each week the themes, topics, and skills progress, like stepping stones from one to the next and include

- Slow flow yoga and restorative practices
- Meditation and breathing practices
- Mindful walking instruction
- Quick reset techniques
- Journaling and reflection questions
- Group Calls
- Online group forum
- Inspirational reading and additional reading resources.

### **Week 1: Pausing. Growing grounded and present.**

This week, explore what being grounded means and why it is important. Learn about the relationship between being grounded and feelings of control and safety. This module emphasizes the importance of starting with the foundation, the base, so that you can continue to open and expand from a grounded center.

### **Week 2: Relaxing; releasing unnecessary tension.**

Discover and relate to the tension in your body during asana, body scanning, and relaxation; and the tension in your mind during meditation. We discuss how to notice and work with the sensations of tension in daily life. The focus is on reconnecting to the spaciousness that is inherently there when you relax and take away what is blocking it.

### **Week 3: Listening. Opening to what is without knowing; without judgment.**

This week, refresh your ability to feel centered and stable, while relaxing and opening to the flow of change. This openness exposes you to the rise and fall of thoughts, sensations, and all phenomenon—welcome and unwelcome. Practice skills to relax in this open space, learning to pause instead of habitually responding. Discuss the biological pull to want to know, solve, control, and keep things static—without control, anxiety rises—and why it is valuable to learn how to listen to your thoughts and then choose your actions. Once you learn to rest in the pause, you begin to see the choices you have in your next response or action. In that choice lays growth and freedom.



#### **Week 4: Strong Enough to Soften.**

Explore how you participate in shaping your life and practice tools that help you live more authentically. When you take care of yourself now, you positively affect your future—helping to create the life and relationships you long for. While you don't always have control of your environment or circumstances, you do, ultimately, have control over how we act and how you stay open now. When you are not worn-down and restricted from stress and tension and feel more grounded and relaxed, you are able to find a more nourishing balance between will (effort) and grace (openness), two wings of the same bird. Learn to be artful and articulate in this balance, and stay present and participate in life's continual and spontaneous changes, in a way that feels authentic and nourishing.

#### **Week 5: Flowing with Change; Balancing Will and Grace.**

Learn to welcome yourself back when you lose your grounded, calm, centered self—unconditionally, over and over again. What does it mean to become whole in your life, to feel as though we are all one, sharing a common source of energy? Discuss how the practices in this program add up to a sense of well-being that allows you to nurture and nourish others, as well as yourself, and, most importantly, how the practices of slowing down and embracing the pause allow you to see all the choices you have at any given moment.