

“THE H.E.R.O.  
TRAINING  
PROGRAM” ©:  
A  
CONTEMPLATIVE  
JOURNEY TO SELF

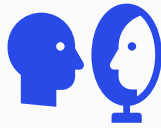
iIMPACT Conference

Paige Pirkey, PhD, e-RYT500,  
YACEP

# Simplified Overview



**Conceptual Framework**



**The Self**



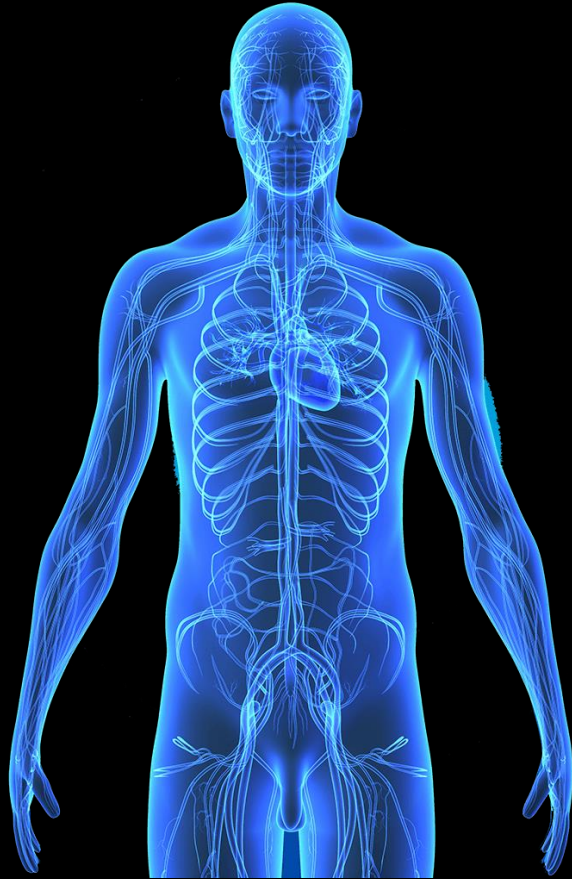
**Learned Lessons from  
Personal Journey**



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Program” ©**



**Discussion**

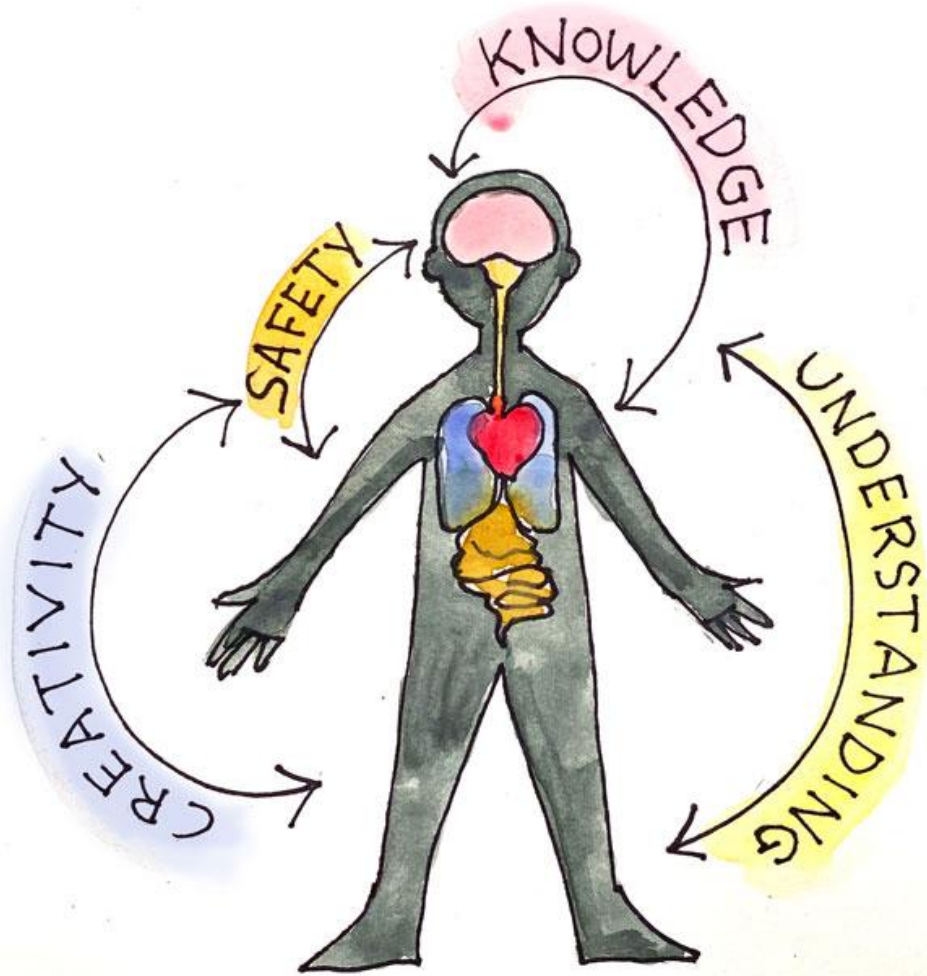


# Embodied Sciences

- **Body →**

*Tool & Perceptuomotor dimension  
of being*

# Embodied Sciences



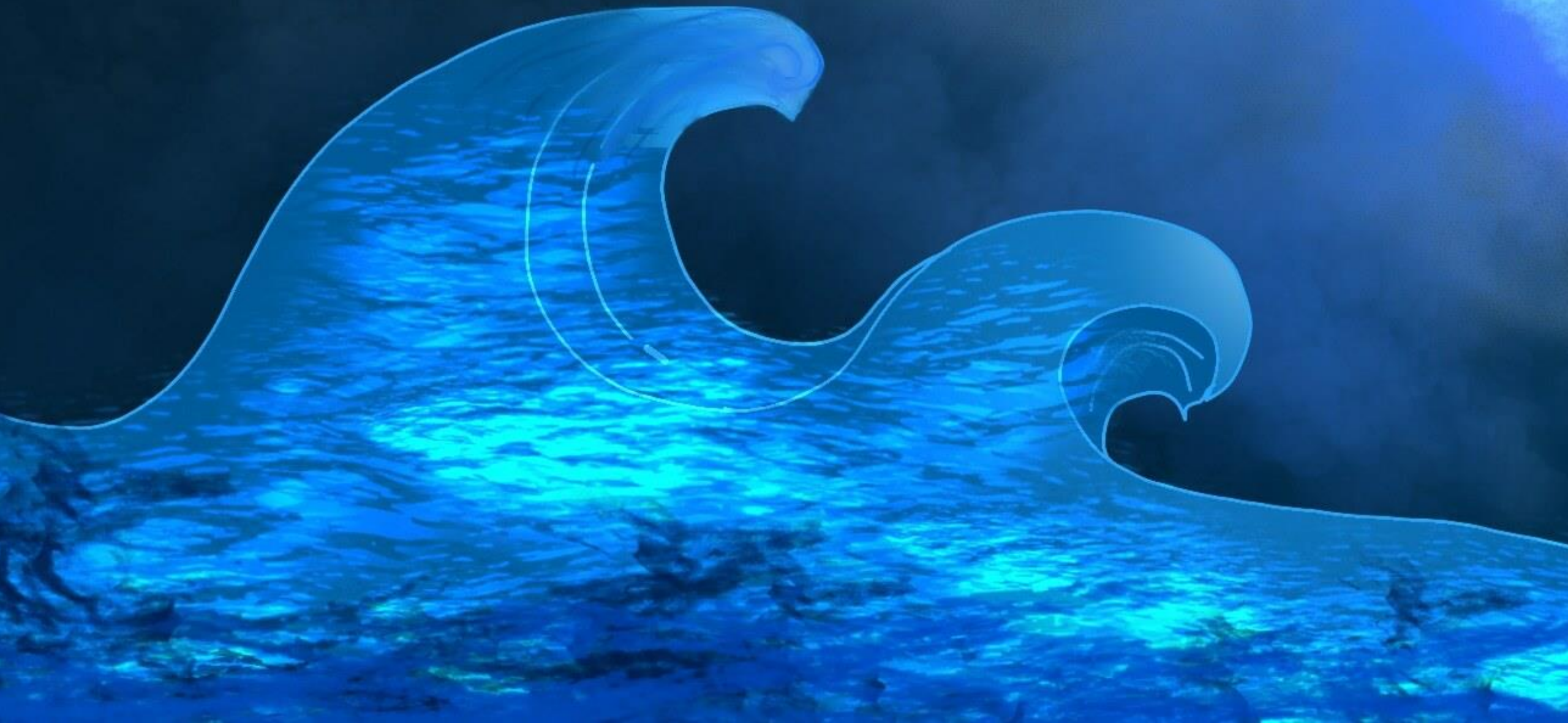
- **Perceptuomotor dimension of being:** Body/ state of being creates
  - (1) how we experience, and thus engage with and interpret the world, and;
  - (2) quality of our interactions with oneself, with others, and in the quality of these approaches used in working with clients/ patients.



# Embodied Sciences

- Contemplative (Reflective) Practices can support the development of The Self via self-understanding.

*Ride the Wave”*







# Embodied Sciences

- Embodied, Contemplative (Reflective) Practices:
- Embodied Literacy

*Change our experiential patterns*

# Mindful Journey to Self



- **Movement** serves as the frame of reference...
- The **body** is the **object of discovery**.

Cook-Cottone (2015, 2017)  
Pirkey (2019)  
Siegel (1999, 2015)




# Lessons Learned on My Journey to Self




- Important to approach life from a **balanced, embodied place**.
- Observe your patterns; seasons/ patterns within seasons/patterns
- Effort vs. Ease
- Power of my **choices**!
- Okay to **communicate** your needs...
- Conflict offers opportunities for **innovative solutions**!
- Self-love and generosity = **generosity and love for others**
- Recognize that uncertainty is reality.
- Trust yourself (mistakes = learning lessons)
- The process begins with **ME**, yet social support is crucial...

# “The H.E.R.O. Training Program” ©

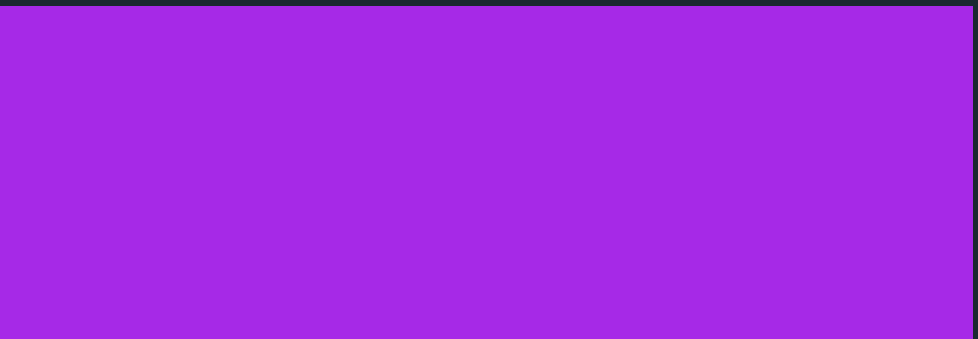
Program treatment package that supports children in creating and re-creating *themselves* and *their story* in a safe, fun, exploratory, mindful environment.

A light blue downward-pointing arrow indicating a flow from the first box to the second.

Transcends Culture by adding personalized narratives to movement patterns that are meaningful and individually negotiated.

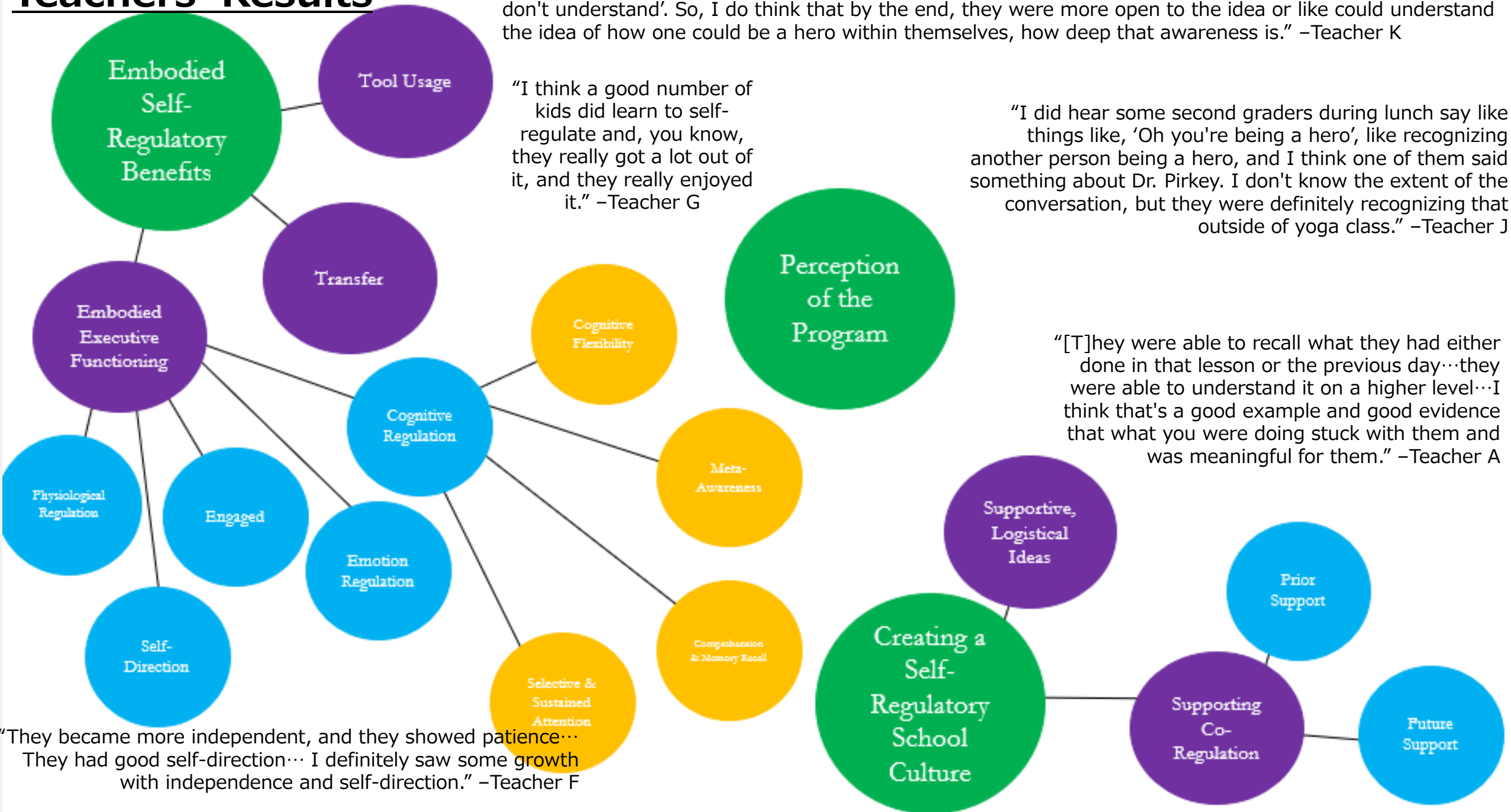
A light blue downward-pointing arrow indicating a flow from the second box to the third.

Trauma-sensitive program: Trust & transparency; Shared Decision Making; Voice & Choice; Strengths-based approach for Self-empowerment; etc.





# Teachers' Results

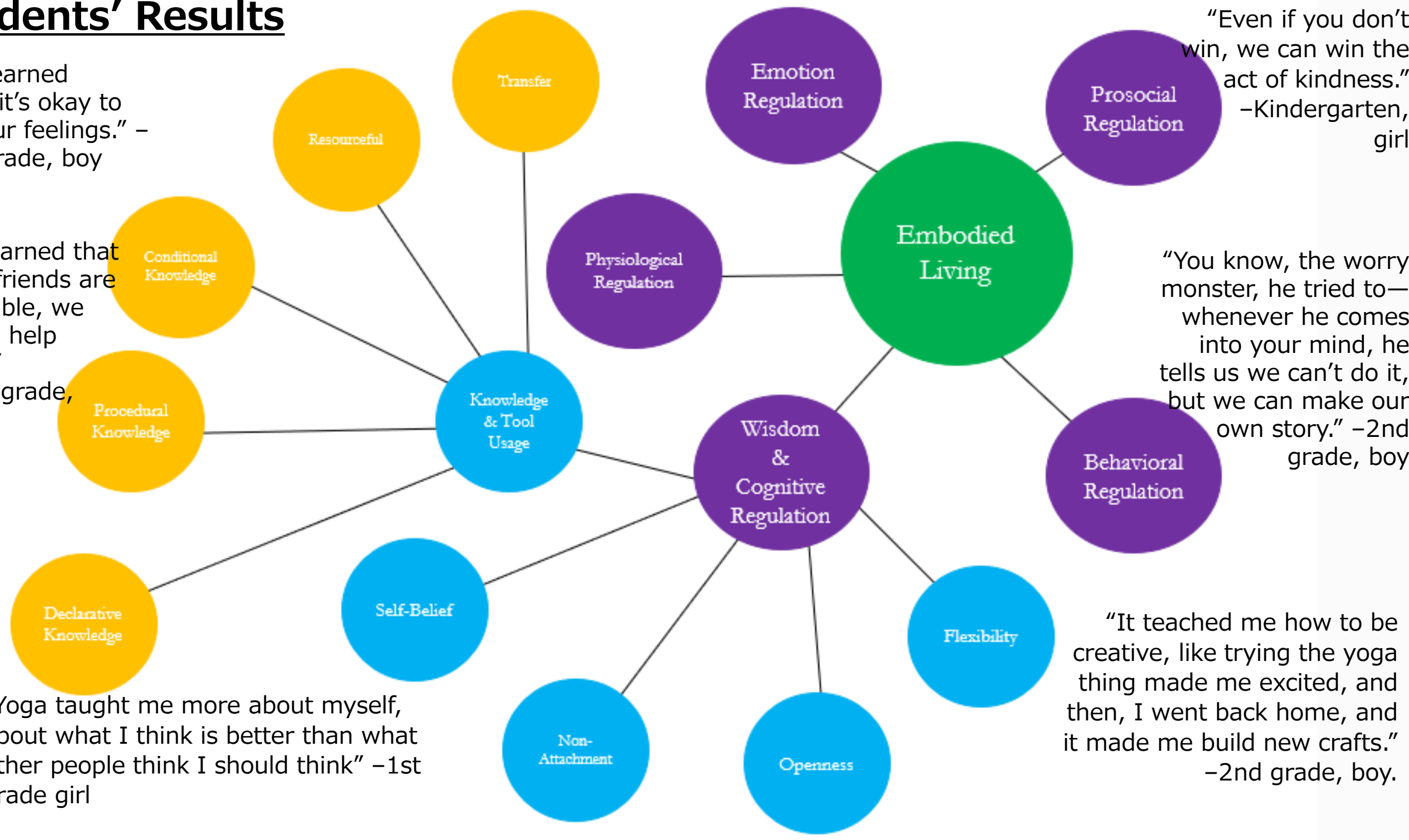


# Students' Results

"We learned that...it's okay to feel our feelings." – 1st grade, boy

"We learned that if our friends are in trouble, we should help them." – 2nd grade, boy

"Yoga taught me more about myself, about what I think is better than what other people think I should think" – 1st grade girl



"Even if you don't win, we can win the act of kindness." – Kindergarten, girl

"You know, the worry monster, he tried to— whenever he comes into your mind, he tells us we can't do it, but we can make our own story." – 2nd grade, boy

"It taught me how to be creative, like trying the yoga thing made me excited, and then, I went back home, and it made me build new crafts." – 2nd grade, boy.

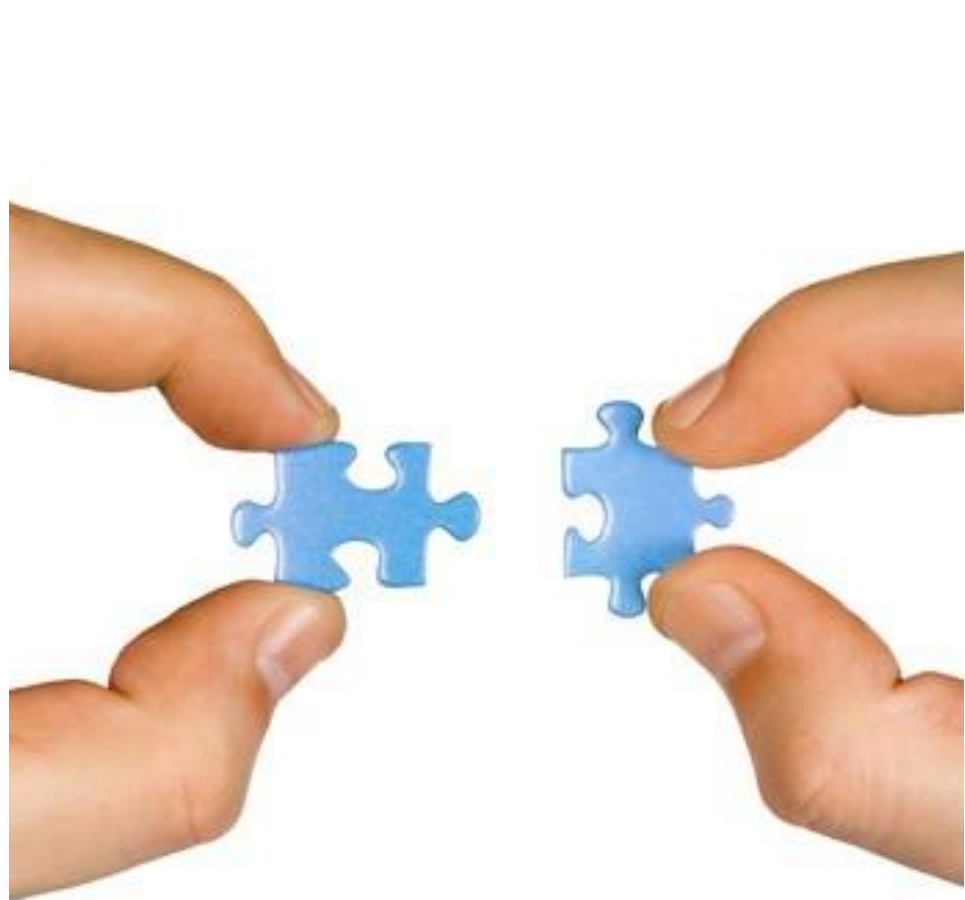
# Collaborative Opportunities/ Future Directions



- **Ideas:**
- Expand to other systems
- Collaborate (train-the-trainer; providing opportunities for expanding reach, impact, sustainability, & options/choice)
- Trauma-sensitive Culture
- Continuing Funding



# Opportunities to Connect



**Questions?**



**Share testimonials?**