

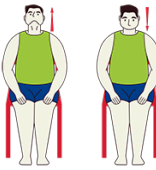




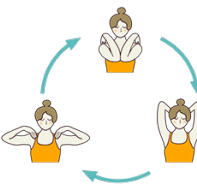


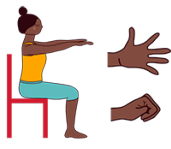









# Mastectomy

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 Let's Connect

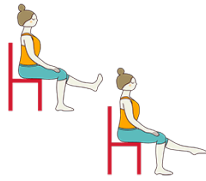
|  |   |   |  |  |  |
|--|---|---|--|--|--|
|  <p>1. Chair Mountain Pose • Chair Tadasana</p> |  <p>2. Chair Neck Rolls C</p>                                    |  <p>3. Chair Neck Rolls A • Chair Greeva Sanchalana A</p>  |  <p>4. Chair Neck Rolls B</p>                      |  <p>5. Chair Mountain Pose • Chair Tadasana</p> |  <p>6. Shoulder Rolls Close Up</p>  |
|  <p>7. Seated Cactus Arms Chair</p>             |  <p>8. Shoulder Socket Rotation • Skandha Chakra</p>             |  <p>9. Bear Hug Stretch Pose Close Up</p>  |  <p>10. Backstroke Arms Exercise Chair</p>          |  <p>11. Hand Clenches Chair</p>                 |  <p>12. Seated Palm Tree Pose Side Bend Flow Chair • Upavistha Parsva Bhangha Vinyasa Chair</p> |
|  <p>13. Cow Pose Chair • Bitilasana Chair</p> |  <p>14. Chair Cat Cow Pose • Chair Marjaryasana Bitilasana</p> |  <p>15. Seated Forward Fold Pose Chair Variation Arms Crossed • Upavistha Uttanasana Chair Variation Hasta Crossed</p> |  <p>16. Cobra Pose Chair • Bhujangasana Chair</p> |  <p>17. Chair Torso Circles</p>               |  <p>18. Seated Hip Circles Chair • Upavishta Hip Circles Chair</p>                            |



19. Chair Seated  
Twist Pose



20. Chair Seated  
Twist Pose



21. Chair Flexing  
Foot Pose



22. Hamstring  
Stretch With Strap  
Chair



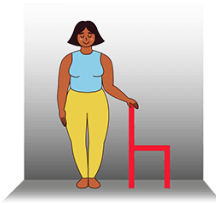
23. Chair Mountain  
Pose • Chair  
Tadasana

Both Sides

24. Both Sides  
Section

Yogi's  
Choice

25. Yogis Choice  
Section



26. Mountain Pose  
Wall Hand Chair •  
Tadasana Wall  
Hasta Chair



27. Chair Mountain  
Pose • Chair  
Tadasana



28. Warrior Pose I  
Chair Variation •  
Virabhadrasana I  
Chair Variation



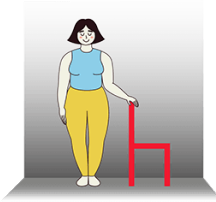
29. Warrior Pose I  
With Chair In Front •  
Virabhadrasana I  
With Chair In Front

Both Sides

30. Both Sides  
Section



31. Chair Mountain  
Pose • Chair  
Tadasana



32. Mountain Pose  
Wall Hand Chair •  
Tadasana Wall  
Hasta Chair



33. Warrior Pose II  
Chair •  
Virabhadrasana II  
Chair



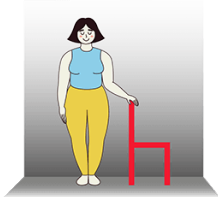
34. Warrior Pose II  
With Chair In Front •  
Virabhadrasana II  
With Chair In Front

Both Sides

35. Both Sides  
Section



36. Chair Mountain  
Pose • Chair  
Tadasana



37. Mountain Pose  
Wall Hand Chair •  
Tadasana Wall  
Hasta Chair



38. Seated Tree  
Pose Chair Foot  
Block • Upavistha  
Vrksasana Chair  
Pada Block



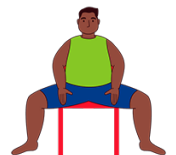
39. Beginner Tree  
Pose Chair •  
Vrksasana Beginner  
Chair

Both Sides

40. Both Sides  
Section



41. Chair Mountain  
Pose • Chair  
Tadasana



42. Goddess Pose  
On Chair Arms Down  
• Utkata Konasana  
On Chair Hasta  
Down



43. Wide Legged Forward Bend Pose  
Chair Hands Floor • Prasarita Padottanasana  
Chair Hasta Floor



44. Goddess Pose On Chair • Utkata Konasana On Chair



45. Goddess Pose Chair Side Stretch • Utkata Konasana Chair Side Stretch



46. Chair Wide Legged Seated Twist



47. Wide Legged Forward Bend Pose Chair Hands Blocks • Prasarita Padottanasana  
Chair Hasta Blocks



48. Bound Angle Pose Variation Chair Feet Blocks • Baddha Konasana Chair Pada Blocks



49. Revolved Goddess Pose Chair Block Hand • Parivrtta Utkata Konasana Chair Hasta Block



50. Chair Mountain Pose • Chair Tadasana



51. Chair Pigeon Pose Variation Forward Bend Prayer Hands • Chair Kapotasana Variation Uttanasana Namaste



52. Chair Pigeon Pose • Chair Kapotasana



53. Seated Palm Tree Pose Side Bend Flow Chair • Upavistha Parsva Bhang Vinyasa Chair



54. Eagle Pose Chair • Garudasana Chair

## Both Sides



55. Both Sides Section

56. Hands Chest Chair • Chair Tadasana Anjali Mudra



57. Chair Seated Twists • Parivrtta Chair Tadasana



58. Chair Seated Twists • Parivrtta Chair Tadasana

## Meditation



59. Meditation • Dhyanam

60. Seated Corpse Pose Chair Legs Bolster • Upavistha Savasana Chair Pada Bolster

Katherine Zitterbart, the visionary behind Neuroaffective Somatics, is a pioneer in the integration of neuroscience, traditional Chinese medicine (TCM), and modern somatic practices, tailored specifically for yoga instructors and practitioners. With an extensive background in both the



ancient wisdom of yoga and the cutting-edge research in affective neuroscience, Katherine has dedicated her career to exploring how the mind-body connection can be harnessed to foster holistic well-being.

At the core of Katherine's work is the belief that yoga is not just a physical discipline but a profound therapeutic tool that can address emotional and psychological challenges. Through Neuroaffective Somatics, she offers a unique framework that combines the neurobiological understanding of emotions and stress with the healing potential of yoga and TCM practices. This approach is designed to empower yoga instructors with deeper insights into how specific postures, breathing techniques, and meditative practices can be used to regulate the nervous system, release emotional blockages, and promote mental health.

Katherine's teachings are grounded in her comprehensive study of the neuroaffective foundations of trauma, the therapeutic applications of the body's meridian system, and the transformative power of mindful movement. She brings to her work a passion for educating others about the interplay between the brain, the body, and the emotional landscape, drawing on her extensive knowledge base to create a bridge between traditional healing modalities and contemporary scientific understanding.

As an educator and a practitioner, Katherine is committed to fostering a community of yoga instructors who are not only skilled in the physical aspects of yoga but are also knowledgeable about its potential to heal and transform lives on an emotional and psychological level. Her work in Neuroaffective Somatics is a testament to her dedication to advancing the field of holistic health and contributing to the well-being of individuals and communities worldwide.