

Session	Mindfulness-exercise	Session topic	Group-/Bouldering-exercises	Wall	Material	Relaxation-exercise
Session 01	-	Introduction and therapeutical approach	Yurtcircle, Introduction to bouldering	Easy routes and traverses	Learning zones model, masking tape, rope	-
Session 02	5-4-3-2-1	Body sensation and centre of gravity	Balance exercise, Traverse with focus on centre of gravity, Quickdraw transport	Traverse with many footholds, ideally on a sloped wall	10 quickdraws or other objects	The tree
Session 03	5-4-3-2-1	Dealing with boundaries	Balance exercise, Learning to fall, Kraken	Route with many different footholds and holds, to show turning in	Horse metaphor, tape	The tree
Session 04	5-4-3-2-1	Expectations and demands	SMART bouldering	Individual route	SMART model	The tree
Session 05	Body scan	Self-efficacy, achievement and pride	Tape bouldering, Elimination	Traverse with many footholds and holds	Tape	The mountain
Session 06	Body scan	Self-worth	Obstacle course	Traverse with many footholds and holds	Objects that can be used for an obstacle course	The mountain
Session 07	Body scan	Fear and trust I	School of trust, Traffic light and mindfulness	Individual route	Learning zones model; Ronja, the Robber's daughter	The mountain
Session 08	Breathing meditation	Fear and trust II	Visualisation exercise, School of trust, Blind bouldering	Straight/sloped wall with many big footholds and holds	Rope, sleeping mask/veil for covering eyes	The mountain
Session 09	Breathing meditation	Social relationships	Connected traverse, The conductor	Traverse with enough holds and footholds, easy individual routes	Ca. 2m long bands/ropes	The tree or The mountain
Session 10	Breathing meditation	Problem solving	Honeyshower, Projecting	Individual routes	Problem solving, index cards with participants' names, pencils	

