

Experiencing Yoga and the Nervous System

Foundational Training Workshop Two

**PRISON YOGA
PROJECT**

Participation Guidelines

Practice Embodiment

Mindful Awareness

Acknowledge Harm

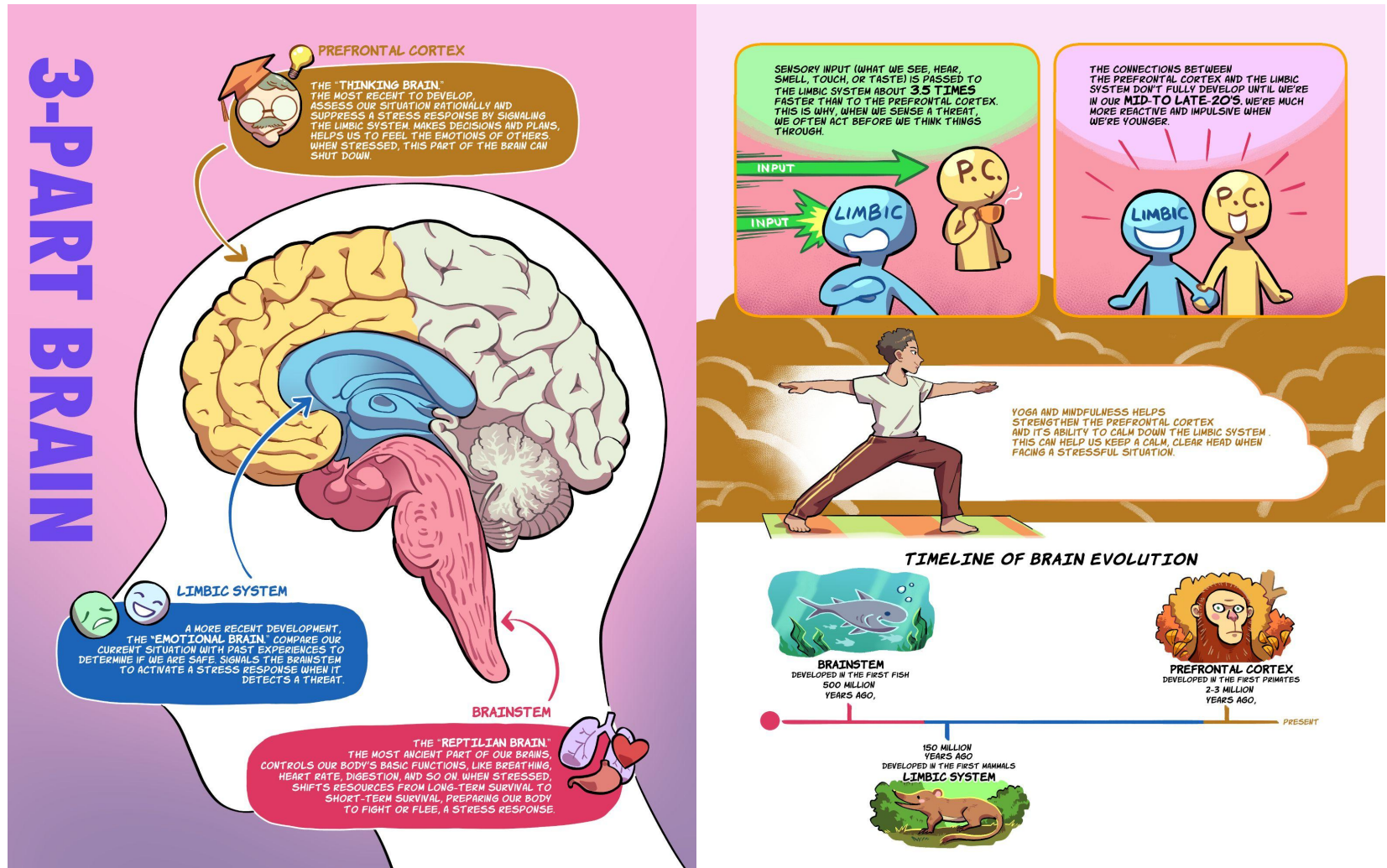
Honor Your Capacity

A woman with long blonde hair in a ponytail, wearing a grey hoodie and dark pants, is performing a side-body stretch on a green mat in a large, bright gym. She is sitting on the mat, leaning forward with her right arm extended upwards and her left hand on the floor. In the background, several other people are also stretching or exercising on mats. The gym has a polished floor and large windows.

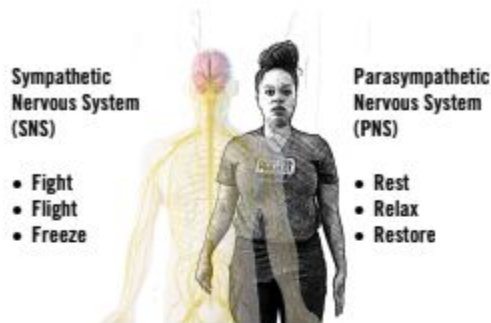
Objective

To understand the three-part brain and use interoceptive awareness to explore states of activation and relaxation.

Stress Response in Mind and Body



The Autonomic Nervous System



***The strongest nerve of the PNS
is called the vagus nerve:***

- The vagus nerve slows heart rate.
- It is strengthened with slow breathing.
- We can better regulate strong emotions and feel more relaxed when this nerve is strong.

Sympathetic Nervous System (SNS)

- Initiates the stress response: “fight, flight, or freeze”
- Keeps us active and alert
- Increases heart rate
- Creates faster breathing
- Releases stress hormones that are good for us in the short term, but damaging if constantly being released
- If this system is overactive – stuck ON and dominant – the body gets worn out, as would a car being driven at 100 mph in low gear

Parasympathetic Nervous System (PNS)

- Keeps us relaxed and social
- Helps our body go into recovery
- Releases hormones and chemicals that make us feel safe, happy and connected
- Increases blood flow to internal organs and assists digestion

Integration

https://jamboard.google.com/d/12s554qiq7hrZUGAQdjK_dSgXoc99L8obaH3fAizxqjw/edit?usp=sharing



yogas citta vrtti nirodhah

Yoga is to still the
patterning of consciousness.

tada drashtuh svarupe 'vasthanam

Then, pure awareness can
abide in its very nature.