

Experiencing Yoga and the Nervous System

Foundational Training Workshop Two

**PRISON YOGA
PROJECT**

Participation Guidelines

Practice Embodiment

Mindful Awareness

Acknowledge Harm

Honor Your Capacity

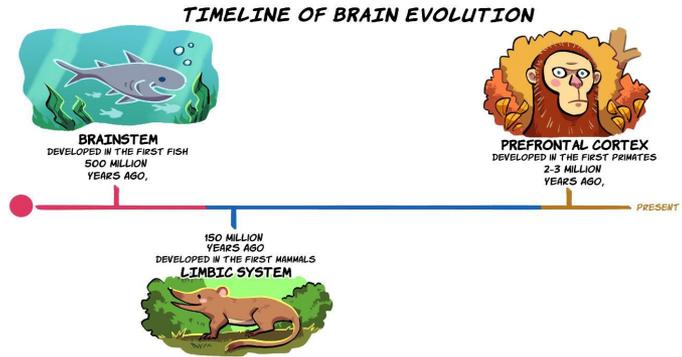
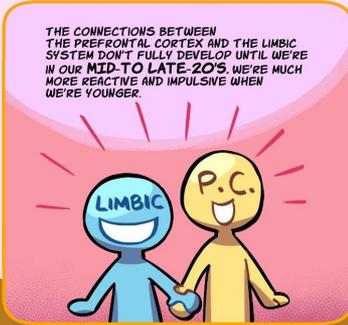
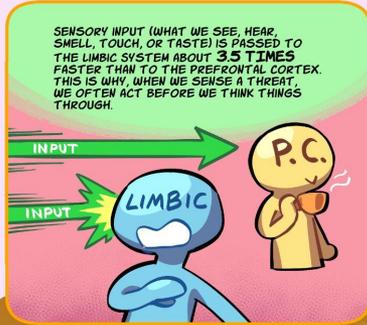
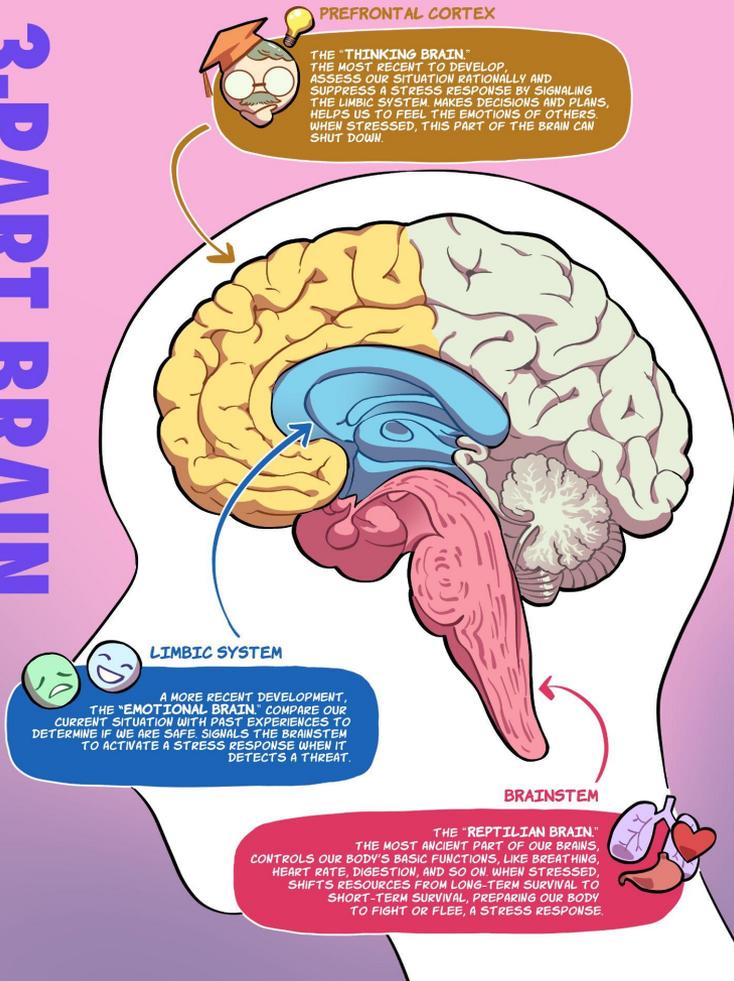
A woman with long blonde hair in a ponytail, wearing a grey long-sleeved hoodie and dark grey pants, is performing a side-body stretch. She is kneeling on a green mat on a polished gym floor, with her right arm extended upwards and her left hand resting on the floor. In the background, several other people are also performing similar stretches in a large, well-lit gymnasium. A dog is lying on the floor in the middle ground.

Objective

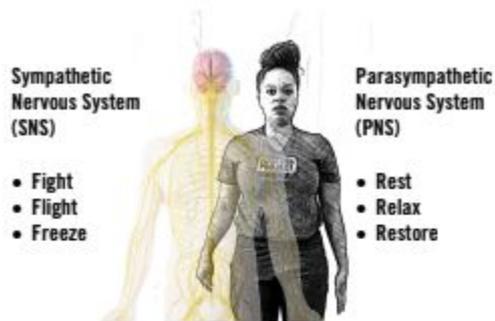
To understand the three-part brain and use interoceptive awareness to explore states of activation and relaxation.

Stress Response in Mind and Body

3-PART BRAIN



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.