

PYP YTT Guest Lecture

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Key Themes:

- Duality of Truths & Balance

- In Right Relationship - AYNi

Important Quotes:

- *"We are always allowed to bring the conversation back to yoga."*

- *"Yes, and..."*

Key Insights:

- **Be aware of the pull to want to save people!**

- The practice itself is healing.

- Do not enter with the intention to save... enter with the intention to HOLD SPACE.

- **How do we stay in balance within the paradox?**

Continue to be in right relationship

- * With ourselves
- * With others
- * With the work
- * With the practice

Me

Mindfulness & Awareness:

- *"My awareness is universal awareness."*

Pre & Post Routine / Ritual:

- Spiritual protection

- Reflect

- Discharge

- Seal the practice

Comments & Reflections:

- *"The 'going back'... crazy!"*

- *"Can you still feel the movement even in the stillness of the body?"*

