

Module 6 The Social Disease of Excess

Methodology:

Rethinking Ability, Injury, & Mobility (Mental & Physical)

- **Participants Are Their Own Best Teachers** – They know their bodies and experiences better than anyone else. Your role is to guide, not dictate.
- **Honor Individual Journeys** – Avoid assumptions or judgments. Welcome each person as they are, offering a space for exploration and connection.
- **Education + Experience = Better Facilitation** – Understanding anatomy, movement mechanics, and posture variations allows for more inclusive and effective teaching.
- **Listen More Than You Speak** – Participants' needs, concerns, and goals should shape the class. Pay attention and adjust accordingly.
- **Be Flexible with Sequencing** – Instead of rigidly following a plan, adapt to the people in the room and their unique needs.
- **Confidence & Curiosity Go Hand in Hand** – Trust in your knowledge while remaining open to learning from every student's experience.

Yoga Philosophy:

Brahmacharya & The Social Disease of Excess & Replacement

- **Brahmacharya as Moderation** – This Yama invites us to avoid excess in all forms, from consumerism to addictions, and to seek balance in how we engage with the world.
- **Excess as a Social Disease** – Modern society glorifies accumulation—more money, more possessions, more power—often at the expense of others' well-being.
- **Consumerism & Disposability** – People are conditioned to replace rather than repair, leading to a mindset that discards not just objects but also relationships, elders, and vulnerable populations.
- **Human Disposability & Systemic Oppression** – Society often pushes aside those who need care—whether due to age, disability, mental health, or incarceration—mirroring how products are discarded when deemed “useless.”
- **Mass Incarceration as a Profitable Industry** – The prison system exemplifies excess and greed, benefiting corporations and politicians at the cost of human lives and communities.
- **Excess in Healthcare, Housing, & Food Systems** – Many essential services prioritize profit over people, worsening inequality and deepening systemic harm.
- **Personal Reflection & Action** – Brahmacharya encourages mindfulness in consumption, gratitude for what we have, and efforts to shift from taking to giving, both in personal life and in social justice efforts.

Exploring Personal Consumption & Brahmacharya

- **Brahmacharya & Excess** – This Yama warns against overindulgence in anything that becomes consuming, addictive, or perceived as necessary for survival.
- **Addiction Takes Many Forms** – While substance abuse is often prioritized in discussions of addiction, behaviors like

excessive TV watching, shopping, multi-tasking, or exercise can also be distractions from deeper pain.

- **Society Encourages Consumption** – Marketing, social pressure, and entertainment reinforce patterns of indulgence, making it easy to disconnect from self-awareness and healing.

- **The Shame of Addiction** – Many support groups provide essential resources, but societal stigma can make individuals feel like they must remain “anonymous” until they are “better.”

- **Consumption as a Coping Mechanism** – Overindulgence often serves as a way to avoid discomfort, procrastinate, or numb pain rather than address its root causes.

- **Brahmacharya as an Invitation** – Instead of seeking external distractions, this practice encourages sitting with discomfort, exploring the reasons behind suffering, and finding balance.

Embodied Anatomy:

Addiction & the Mind-Body Connection

- **Trauma & Addiction Connection** – Addiction often stems from a survival response to trauma, where the mind and body seek relief or escape.

- **Brahmacharya & Excess** – This Yama warns against anything that becomes a consuming need, altering perception and causing harm to well-being.

- **Beyond Substances** – Addiction isn’t limited to alcohol or drugs; it includes food, relationships, consumerism, social media, and even exercise.

- **Conditioned Coping Mechanisms** – From childhood, we may associate comfort with external sources (e.g., food as a reward), reinforcing patterns of dependency.

- **Recognizing the Line** – Identifying the difference between healthy enjoyment and harmful excess is key to self-awareness and healing.

Kleshas & Their Influence

- **Ancient Struggles, Modern Relevance** – Thousands of years ago, humans recognized that suffering stems from mental afflictions (Kleshas), which still impact us today.

- **The Power of the Kleshas** – These afflictions manipulate our perceptions, disconnecting us from our moral compass and true self.

- **The Big Five** – Fear, Attachment, Ignorance, Aversion, and Ego have the strongest influence on how we think, speak, and act.

- **Symbolism of 108** – The 108 afflictions of the human condition are why malas have 108 beads and why some traditions begin the day with 108 sun salutations.

- **Impact on Relationships** – Bringing awareness to the Kleshas can strengthen our relationship with ourselves and improve how we interact with others.

Kleshas are the “mind poisons”, obstacles that cloud your thoughts & intentions. It leads to false perceptions & negative emotions.

5 Kleshas are

Avidya –
Ignorance or lack of spiritual knowledge.

Dvesa –
Aversion or Avoidance of pain or to things you dislike.

Asmita –
Egoism, preoccupied with “I” and “Me”.

Raga –
Attachment to pleasure and worldly temptations.

Abhinivesa –
Fear of death & cling to life.



Negative effects of Kleshas -

- + Unclear picture of people & things
- + Experience negative emotions like guilt, sorrow, anger, lust
- + No mental peace & spiritual awakening
- + Kills your awareness & introspective powers
- + Suffer from several mental complications

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KLESHAS : MENTAL EMOTIONAL AFFLICTIONS

Avidya	Lack of awareness or understanding, ignorance, clouded perception, misapprehension
Asmita	Distorted sense of Self, egotism-thinking more or less of who you are in relation to others, I-am-ness, misidentification with the body, mind, prana, buddhi/beyond
Raga	Clinging or addiction to past pleasures, dwelling, attachment, holding onto the experience, hungry heart, realm of the hungry ghosts
Dvesa	Clinging to past suffering or pain, discomfort, resentments, avoidance, rejection, anger reaction, resistance, aversion to the memory of painful experiences
Abinivesha	Fear of loss, death, of letting go of the story of “me”, “mine” & “I”, primitive survival instinct for self-preservation

Posture & Sequencing:

Strength & Resilience in Trauma-Informed Yoga

- **Builds on Foundations** – Expands on Centering and Somatic Practices to reintroduce movement with intentionality.
 - **Guided by Brahmacharya (Non-Excess)** – Encourages balance, sustainability, and mindful engagement rather than pushing to extremes.
 - **Strength Takes Many Forms** – Includes physical stability, mental focus, emotional presence, and the ability to rest when needed.
 - **Resilience Through Mindfulness** – Involves navigating challenges with self-compassion, patience, and awareness of personal limits.
 - **Empowerment Through Movement** – Helps individuals reconnect with their bodies, fostering safety, support, and self-awareness.
 - **Trauma-Sensitive Approach** – Creates space for participants to rebuild personal power at their own pace, integrating breath and movement.
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Transitioning into Strength & Resilience

- **Foundation in Accessibility** – Introduce postures like a sagittal plane lunge (e.g., Warrior One) to create an entry point for all participants.
 - **Empowerment Through Exploration** – Encourage individuals to engage with the posture in a way that feels appropriate for their body and mind.
 - **Cultivating Self-Awareness** – Guide participants to observe their inner narrative, shifting from self-judgment to self-compassion.
 - **Step-by-Step Instruction** – Provide clear, structured guidance to ensure safety, stability, and personal agency.
 - **Building Physical & Mental Resilience** – Strength development goes beyond the body, fostering confidence, capability, and self-trust.
 - **Encouraging Progress** – Support participants in gradually exploring their strength and abilities, reinforcing empowerment through mindful movement.
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Supporting Awareness and Regulation

- **Steady & Intentional Guidance** – Facilitate movement with clear, deliberate cues to enhance breath and body awareness.
 - **Regular Centering Pauses** – Integrate breaks to help participants check in with sensations, emotions, and nervous system regulation.
 - **Heart Rate Variability (HRV) Awareness** – Encourage practices that support HRV, a key factor in emotional and physiological balance.
 - **Observing Breath & Exertion Patterns** – Guide participants to notice shifts in breath, effort, and heart rate to deepen self-awareness.
 - **Resilience Beyond the Mat** – Encourage self-regulation techniques that participants can carry into daily life.
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Permission to be Powerful

- **Strength & Resilience Are Connected** – Physical strength supports mental clarity, and emotional resilience enhances
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physical capability.

• **Trauma-Informed Approach** – Mindful movement fosters self-awareness, helping participants rebuild trust in their bodies.

• **Healing Through Awareness** – Encouraging curiosity and presence allows participants to see their bodies as safe and supportive spaces.

• **Empowerment & Growth** – Normalize the process of building strength, honoring unique needs, and embracing healing at an individual pace.

• **Compassionate Facilitation** – Create a space where strength and resilience are cultivated in a balanced, sustainable, and transformative way.