

WELCOME!!!

Agenda July 3rd

Welcome & Agenda Review

Centering Practice

Continue Introductions

Course Overview

Break (5 Minutes)

Movement Lecture: Exploring Trauma-Informed Sequencing- Directional Planes and "Accessible" Postures

Breakout Room Movement Workshop

Group Discussion

Break (5 Minutes)

Discussion: Honoring the History of Yoga in Modern Day Application(Healing-Centered Yoga)

Break Out Discussion

Group Discussion

Break (5 Minutes)

**Optional After Class meetups*

Since we are not sharing space in person and we do not have the option to chat in the parking lot after class, each week I will leave the Zoom space open for individuals who may want to continue conversations.

In this Space We:

- Honor Ourselves, One Another, & The Learning Process of All
 - ◆ We hold a confidential space for all
 - ◆ We recognize the path of story sharing may not be a welcome and comfortable experience for all
 - ◆ We remain Present, Patient and Supportive
 - ◆ We take time to Pause, Reflect, and offer clarifying questions
- Consider our Contributions to Discussions & Movement Practices:
 - ◆ Why Am I Talking? What do I Wish to Say?
 - ◆ Does this Contribute to the Learning Space?
 - ◆ Am I sharing personal “I” statements?
 - ◆ Am I contributing to creating a collaborative space for others to share?
 - ◆ Am I considering how my lived experience may support the learning & understanding of others AND am I open to receive this same knowledge from this community?
- We Practice:
 - ◆ Non-Harm
 - We practice Non-Judgment and Explore our Personal Biases and Assumptions
 - We consider when/how we share and how we may impact others
 - We practice Compassion and Empathy toward self and others
 - We approach differences of opinion with curiosity and seek opportunities to learn, teach, and collaborate
 - ◆ Truth
 - We share statements that are truthful and pertinent
 - ◆ Non-Stealing
 - We honor space for everyone to contribute with patience and curiosity
 - ◆ Non-Excess
 - We resist Monopolizing Discussions
 - We utilize the Group Forum and Office Hours to deepen our individual understanding when time is limited during live sessions
 - ◆ Letting Go
 - We pause and reflect before transitioning to new topics
- We Support our own Practice and the Practice of our fellow learners

Honoring the History of Yoga in Modern Day **Healing-Centered Yoga**

Discussion Points:

- Things to Consider when Studying Yoga for Healing
- Exploring PYP Methodology
- Practical Application:
 - Mindfulness Practices / Observing Somatic Experiences

Navigating Mindfulness Practices

Distractions/Barriers/Obstacles

Present time & anticipation of new
US government - global/local impact

Human History

Human Experience

Harm

Lies/Manipulation, Deceit

Lack of Resources, Opportunities

Want

Rumination

Desensitized

Support of Yoga

Consideration, Support, Love, Unconditional
Positive Regard

TRUTH

Non-Stealing

Non-Excess

Non-Attachment

Clarity/Purity

Contentment

Discipline

Self-Study

Surrender with Full Heart & Eased Mind (Which is
ultimate Non-Attachment)

Knowledge, Community, Celebration, Gratitude

Skill in Action

Considerations for Practicing Mindfulness during Session Discussion

Utilize the Tools of Yoga

- Bring Awareness to Your Embodied Energy throughout the Discussion
- Explore Your Range of Motion for the Topics Offered
- Take time to Pause, Consider, Contribute/Journal
- Respect Your Personal Capacity as well as Others'
- Bring Your full Attention and Intention as Self Support
- Take time to sit with the Material
- Do not rush Rest & Replenishment

Additional Opportunities to Notice:

- your embodied reactions
- the words you hold back / the words you consider
- questions, clarifications, & additions
- stirred memories
- emotions / fluctuations

Consider a Journal!

- After each lecture, there will be space for small group and large group discussions. Taking note of what comes up for you may support how you wish to share with the group.

Request a group pause or take a personal pause

Raise hand/join with voice to share comment/question

Practice Mindful Connection and Energy Focus - "Energy Goes Where Thoughts Go" w/ Lisa M.



At the Mercy of Prophets & Scribes

Every story in our human history is subject to who documented the story, who translated, who remembered, who interpreted... for thousands of years over all of the continents. We are living now based on what those before us chose to save and pass on.

And now we have the Social Media Kerfuffle...



Perception & Intention

On & Off the Mat...



Samskara & The Kleshas



Balance

Environmental Wellness
Food Security
Identity Security
Sustainable Finances
Health Care

Physical
Traumas

Emotional Traumas
Lived Experiences
Generation Lore
Perceptions
Intentions
Relationships (self & others)

Embodied
Sensations

Religious Freedom
Equality
Housing
Human Relations
Safety
Independence

Oppression

"Isms"

Colonization

Kleshas

Gerrymandering

Gaslighting

Pause, Reflect, & Share

Exploring Yoga as Service

Over the millennia that yoga has been practiced, sharing the practice has often taken place within a lineage founded by a guru, featuring a hierarchical relationship between teacher and student.

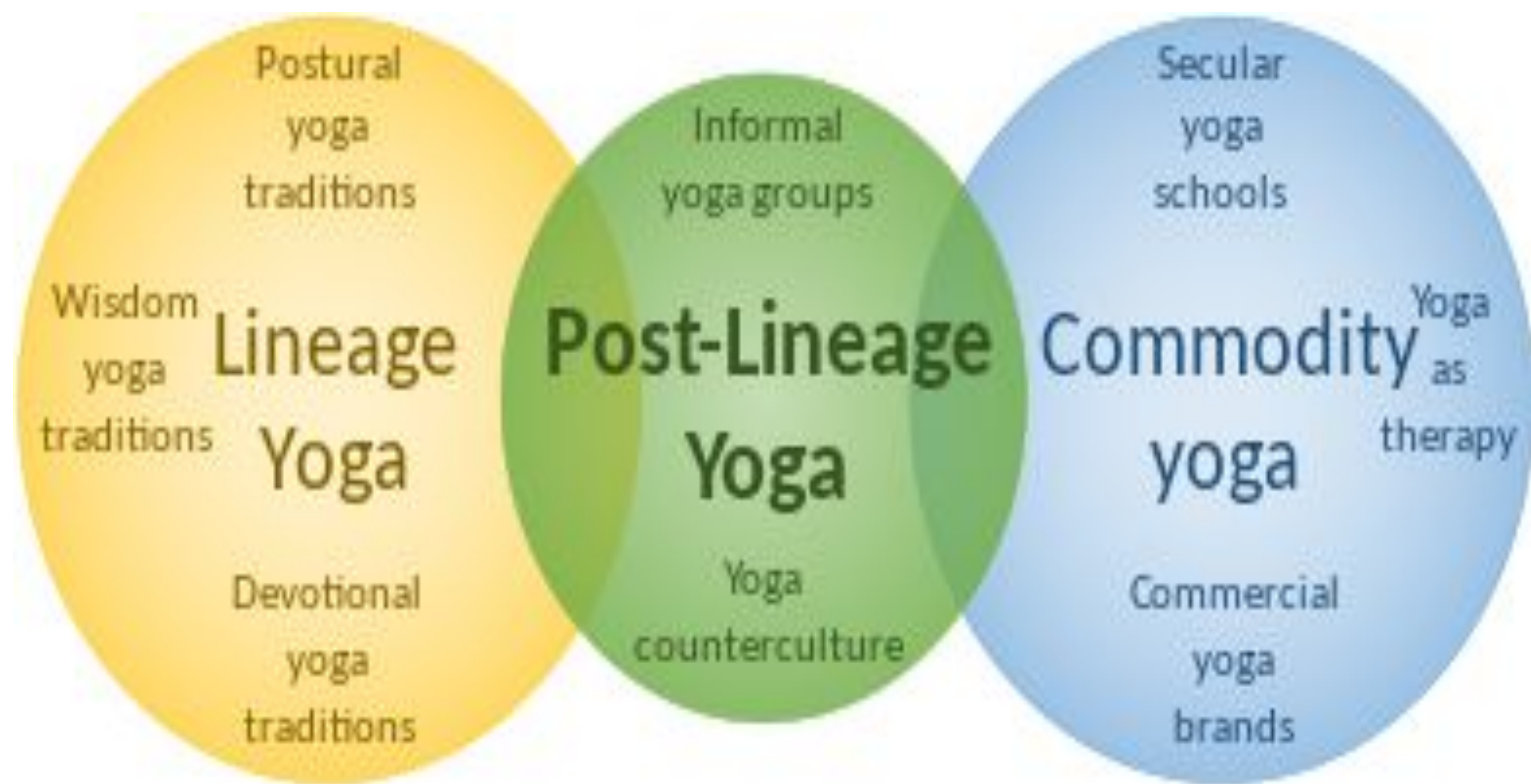
Prison Yoga Project favors a Post-Lineage, Participant-Centered, and Trauma-Informed approach

- In the context of a prison or jails, where social hierarchies are explicit, fraught with power dynamics, and often traumatizing, we feel this approach is essential. A post-lineage approach makes space for a trauma-informed methodology, shifting control away from the teacher and empowering the practitioner to discover the truth of yoga as it is revealed to them through their own experience.



Theodora Wildcroft, an ethnographer, scholar, and yoga practitioner who coined the term, defines “post-lineage yoga” in the following way:

- *[Post-lineage yoga] rejects the idea that any individual yogic text or modern alignment paradigm can hold complete universal truth, and rejects unquestioning allegiance to a single deity in the form of a living or historical figure. It rejects the common practice of attributing any harm caused within the practice to defects in the practitioner, and seeks to re-situate the practice in community, and socio-political contexts. Post-lineage yoga is a re-evaluation of the authority to determine practice, and a privileging of peer networks over pedagogical hierarchies, or sanghas (communities) over guru-śiṣya (teacher-adept) relationships.*



Why Healing-Centered/ Trauma-Informed Yoga?

- Focuses on the needs of the individual
 - Non-Judgmental, Releasing biases & assumptions
 - Seeing, hearing, understanding, providing
- Supporting confidence, competency, and inclusivity
- Accessible practice
 - Access to programs
 - Accessible postures and language
- Promotes and supports sustainable healing
- Compliments mental & physical healing modalities
- Participant driven



Science of Healing-Centered / Trauma-Informed Yoga



- Calibration (regulation) of the Nervous System
 - Body System support
- Developing “Muscle Memory” for self-soothing, impulse control, present moment engagement
- Re-associating mind and body awareness
- Identifying embodied sensations/emotions on the mat for support off the mat
- Combining breath, range of motion movement, endurance training, balance work, and relaxation to identify embodied survival strategies and find individual regulation
- Building empathy, compassion, self-care, and self-advocacy

The goal of this approach is to offer an immersive somatic experience with the objectives of:

- Awakening and strengthening embodiment through interoception (inward seeing)
- Discharging accumulated tension
- Developing resilience to stress and trauma
- Cultivating tools for self-regulation; managing states of hyper-/hypo-arousal
- Experiencing the present moment and the passage of time
- Practicing personal empowerment; taking effective action and making choices
- Strengthening self-awareness and the capacity for insight
- Building relationships and community; empathy and compassion



Group Discussion Session

Pause to collect your thoughts about the discussion offered so far.

Take 5 minutes to write down new thoughts/reactions and review any notes you may have taken during the discussion.

Choose one resonating thought, reaction or question to share in the small group breakout session.

During The Session:

1st 5 Minutes: Reintroduce yourself as a student of yoga and a future facilitator. Share your name & a few hopes you have for sharing this practice with others.

Next 10 Minutes: Take in turn to share the topics you each chose. *After all have shared*, pause again to reflect on what was offered by your fellow learners. Ask clarifying questions you may have of what others have shared.

Final 10 Minutes: Take time to explore where the conversation may go. Honor the contributions of others and also note your own emotional and embodied reactions to the discussion.

- Prior to the close of the breakout session, please select one aspect of your discussion to share with the larger group. Volunteer or nominate a group representative, or plan to share your contribution in turns where each member offers a bit of your offering.