

3pm

Welcome & Agenda Review - Optional Share of Mindfulness Observations (Observing & Pausing with Water)

Centering Practice

Introducing the Guest Lecture Panel

Discussion: Introducing the 8 Limbs of Yoga

Break Out Discussion

Group Discussion

Break (5 Minutes)

4:15pm

Movement Lecture: Directional Planes & Spinal Movement

Breakout Room Movement Workshop

Group Discussion

Break (5 Minutes)

5:30pm

Discussion: Exploring the Yoga Sutras

Break Out Discussion

Group Discussion

Session Closing & Weekly Assignment Offering

6:30-7:30pm

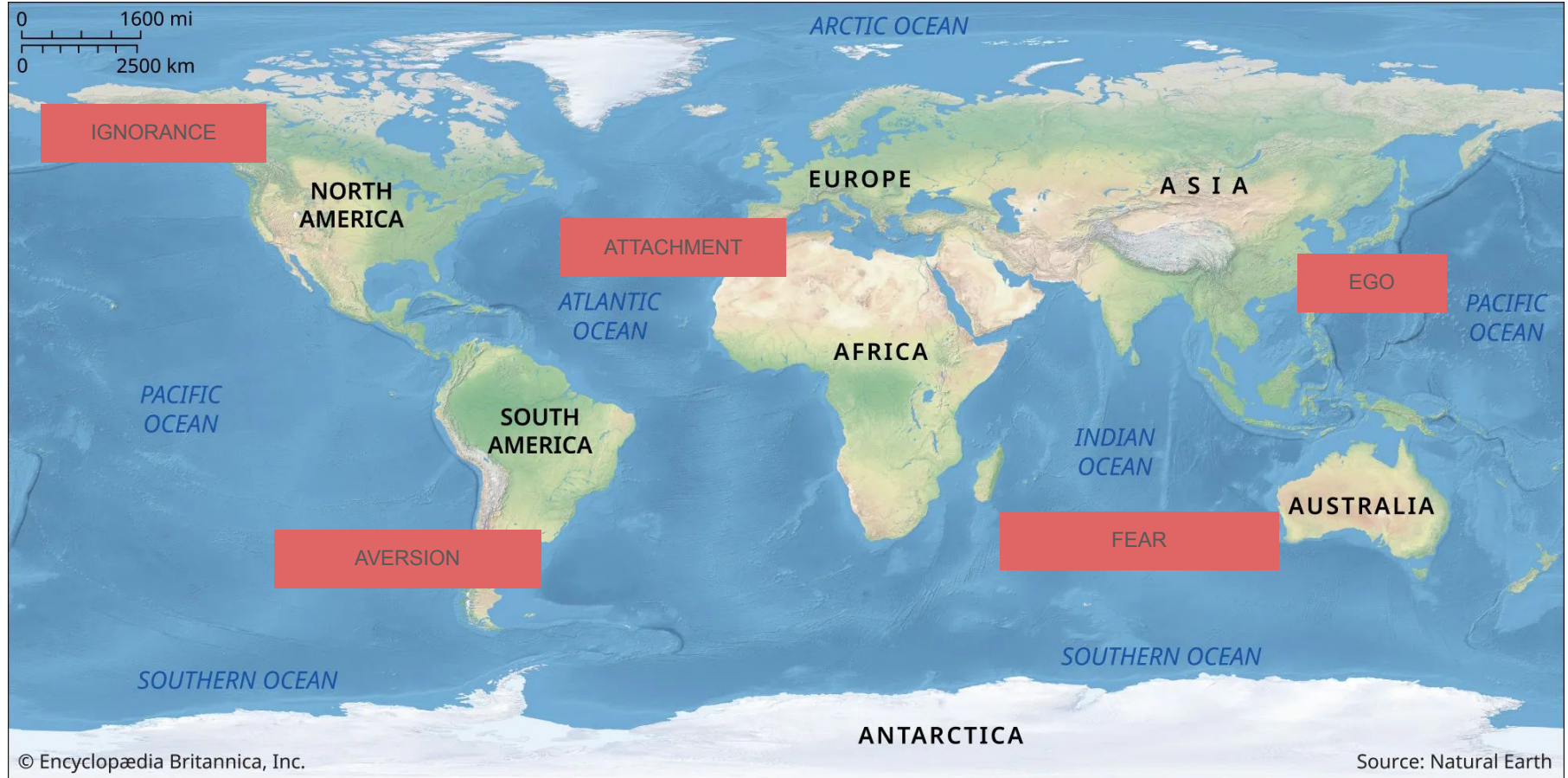
**Optional After class meet-ups*

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.

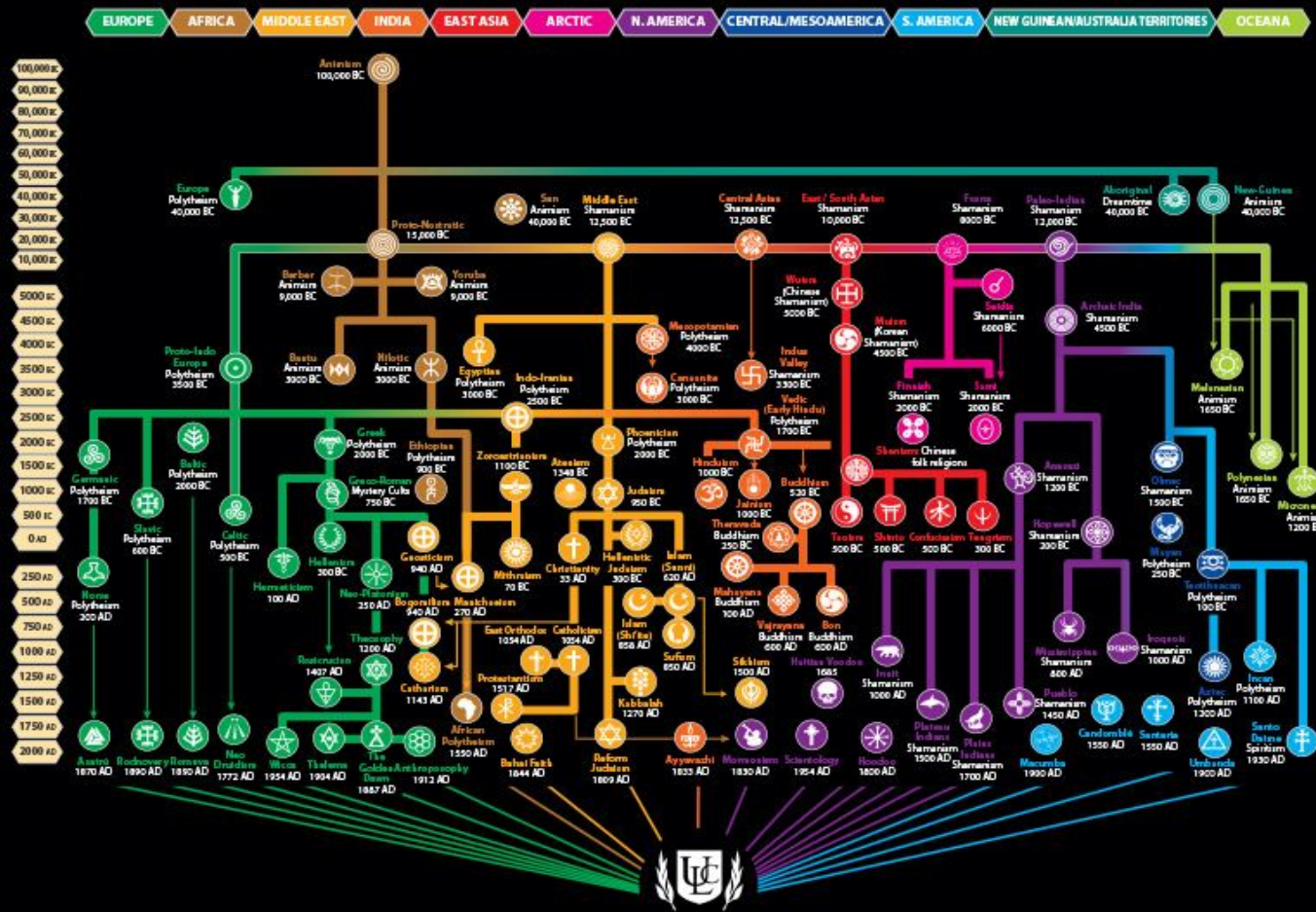
Welcome! Please consider/revisit these questions from the Online Learning Introduction. Select one to share in Breakout Discussion:

1. What is your understanding of trauma, and how has it shaped your experiences or relationships?
2. What memories or experiences stand out to you when reflecting on topics like race, gender, inclusion, or exclusion?
3. How have you experienced connection with nature, the environment, or issues of justice related to the earth?
4. How has your personal history shaped your understanding of healing or growth?
5. As you reflect on the questions above, what emotions or physical sensations arise? How can yoga support you in working with these experiences?

Biases & Assumptions in a Global Community



HUMAN TIMELINE OF MYTHOLOGY AND RELIGION
WE ARE ALL CHILDREN OF THE SAME UNIVERSE



It could be argued...

That an experience (thoughts, words, actions) that...

Causes Harm

Compromises Truth

Steals from self or others

Is Excessive

Is Held Beyond its Time

Defines trauma

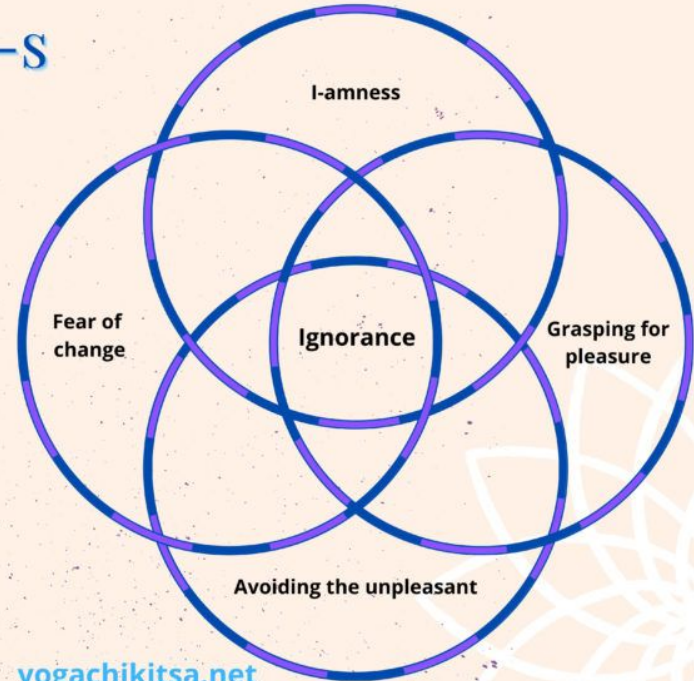
Thoughts, Memories, &/or Embodied sensations alter the relationship between mind, body, and spirit

Examples of Traumas:

Discrimination
No Access to Resources
Inequality
Abuse
Incarceration
Bullying
Food Insecurity
Accident
Manipulation
Gaslighting
Stochastic Terrorism
Loss
Moving
Change
Illness
Neglect
Theft
Witness/Observer/Enforcer
Military Service
Pandemic

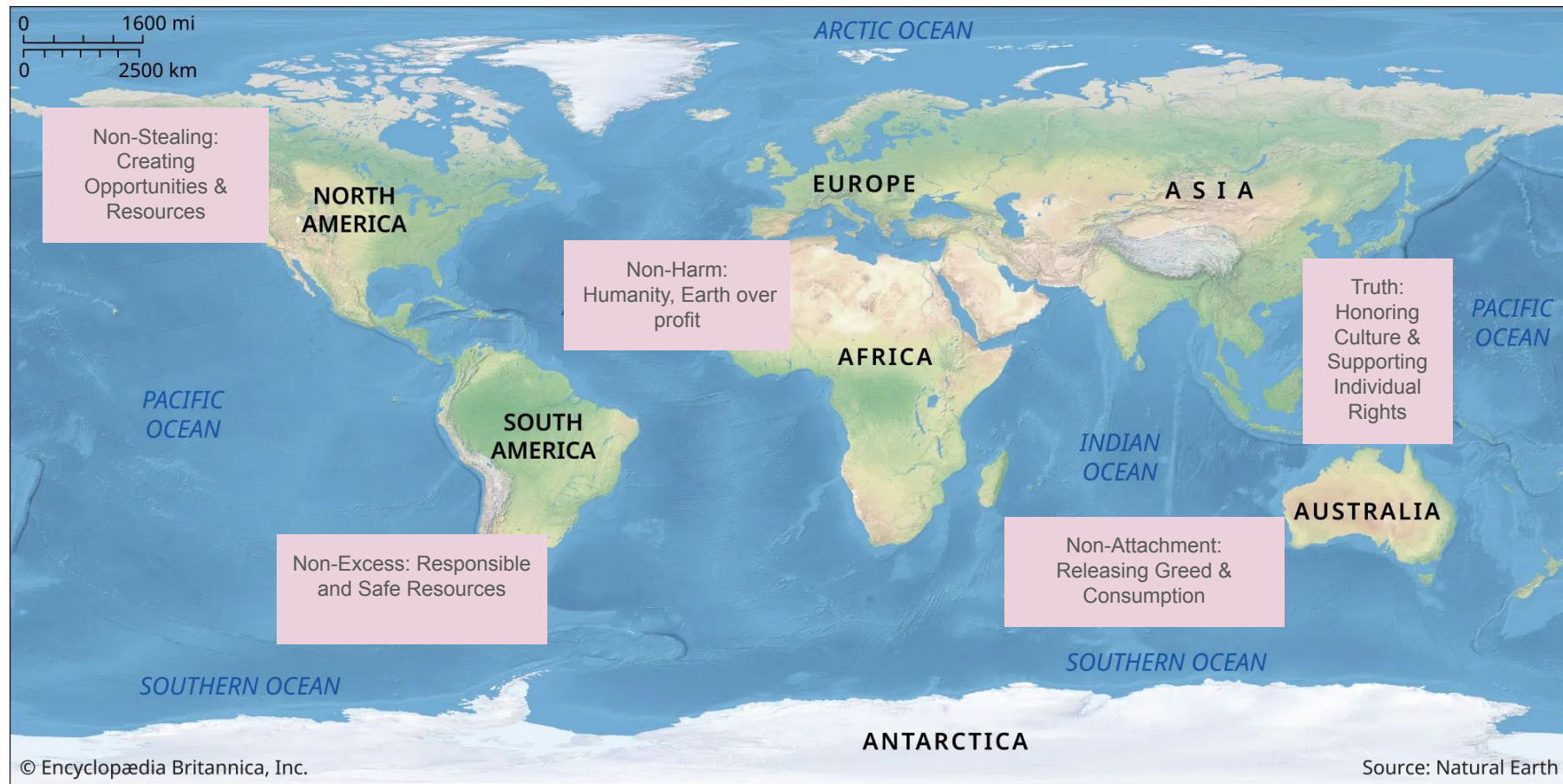
The 5 Kleśa-s

Patañjali explains the root of all human suffering is **avidyā** (ignorance). This ignorance breeds **asmitā** (I-amness/not knowing ones true nature), **rāga** (grasping for pleasure), **dveṣa** (avoidance) and **abhiniveśaḥ** (fear/avoidance of death/change).



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Healing in a Global Community



Spacial & Community
Awareness

Yoga & Healing

Relationship with Self

Steadiness & Ease

8 Limbs

Knowledge

Ritual

Service

Trauma / Healing
Essence of "Spirit"

Raga Yoga
Mind

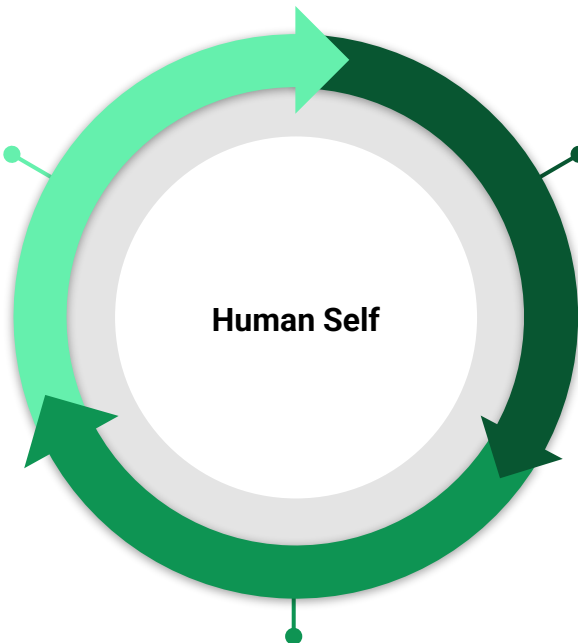
Human Self

Breath Awareness

Physical/Mental
Awareness

Mindfulness

Body



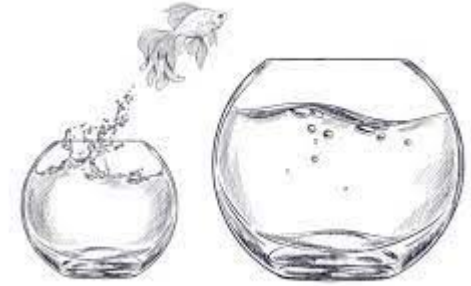
Yamas (Collective Support)



Satya - Truth



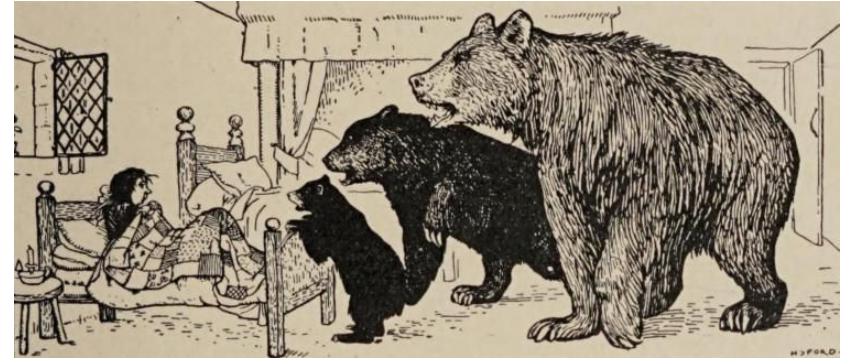
Aparigraha - Non-Attachment



Asteya- Non-Stealing



Ahimsa - Non Harm



Bramacharya- Non Excess

Niyamas (Self Support)



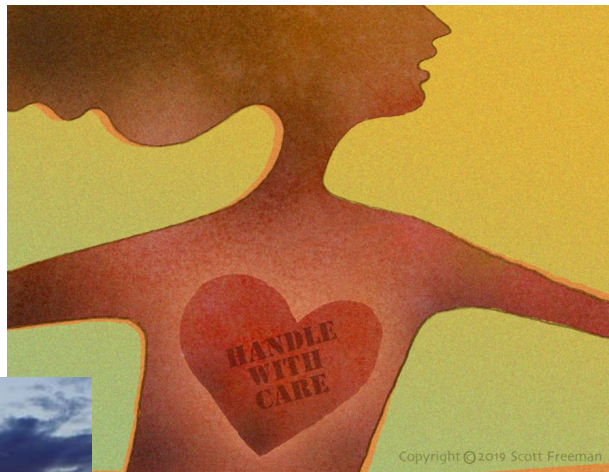
Saucha- Purity



Ishvarapranidhana - Surrender



Svedyaya- Self Study



Santosh- Contentment



Tapas- Discipline

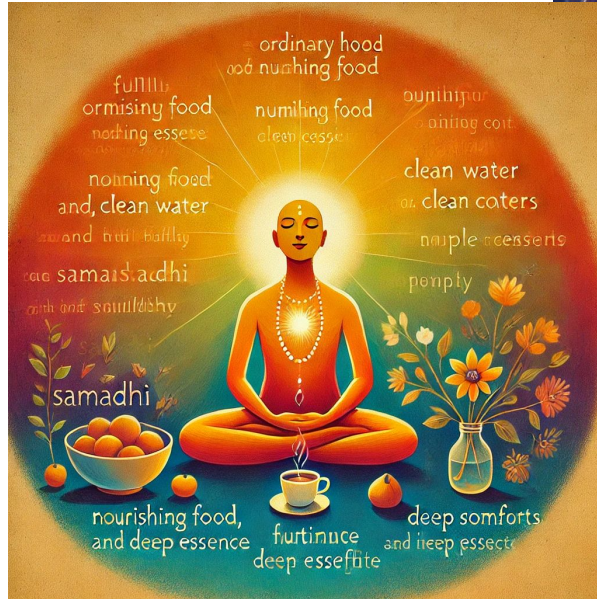
Asana & Pranayama



Pratyahara, Dharana, Dhyana



Samadhi



Breakout Session - 25 Minutes

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: (Re)Introduce yourself. Share your name, geographic location, and a word or two that describes how you are showing up to the shared space.

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.

Yoga Sutras

Exploring Yogic Texts

At the Mercy of Prophets & Scribes...

Patanjali documented ancient Vedic teachings into an “easy to follow” Guide

These teachings had been passed down verbally from student to teacher

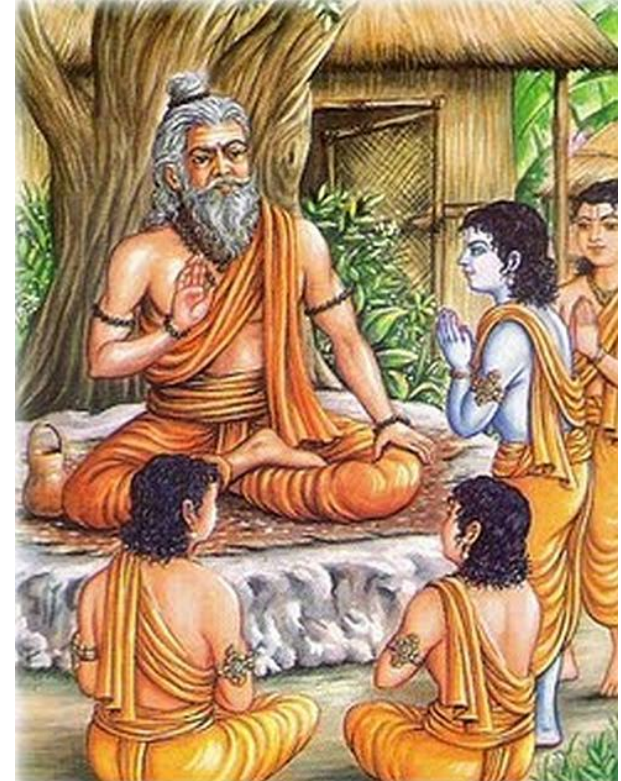
Consider Original audience (Exclusive to Men within religious order)

Many translations exist

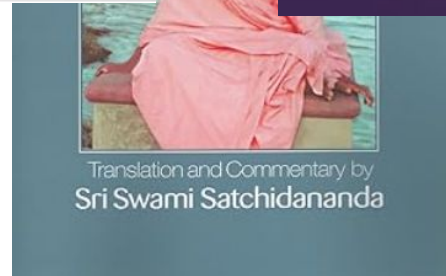
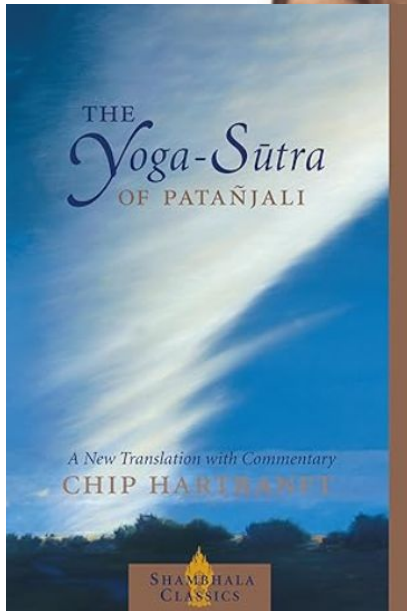
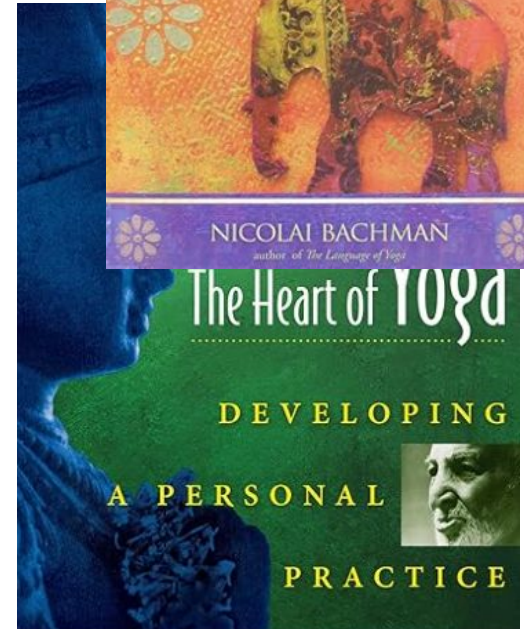
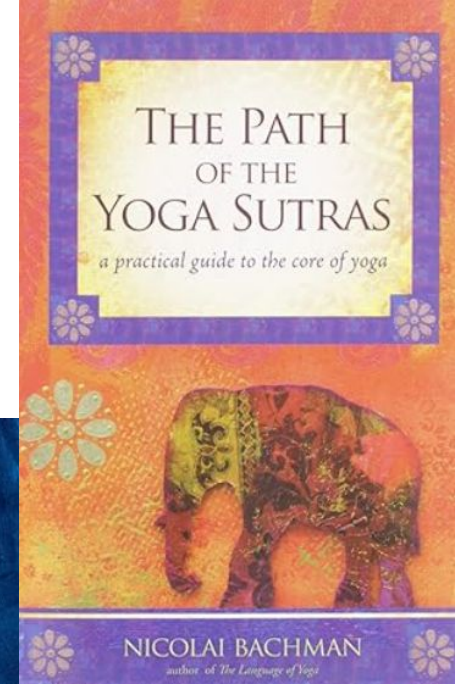
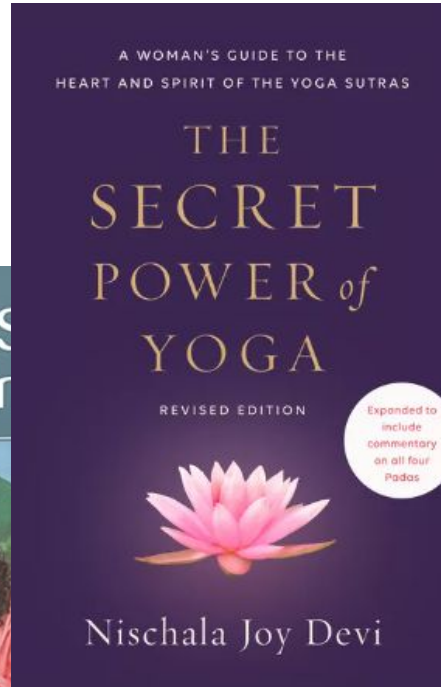
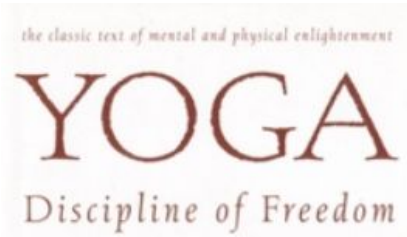
Explore source materials

Refer to various translations

Honor Foundational Lineage and Consider Paths of Colonization



At the Mercy of Prophets & Scribes...



Patanjali's Yoga Sutras

Book One: Understanding The Mind

Book Two: Purifying The Mind

Book Three: Stabilizing The Mind

Book Four: Going Beyond The Mind



Understanding The Mind



1.1 Here begins the authoritative instruction on Yoga

1.2 What is Yoga? Yogasgcittavrttinirodhah

Chitta- Mind Vrtti- Fluctuation/Distracton Nirodhah- Reducing

1.5 -1.11 Awariness of 5 Activities of the Mind

Comprehension, Misapprehension, Imagination, Deep Sleep, Memory

1.14 Yoga is a Practice achieved only with patience, commitment, & trust

1.15-1.29 Discusses Faith, Spirituality, & Relationship with these principles

1.30-1.33 Talk of distractions that can occur

1.34-1.51 Talk of seeking knowledge for clarity and understanding

Purifying The Mind

2.1 Yoga reduces physical & mental harms

2.2-2.9 Discuss the “obstacles” of the Kleshas

2.10-2.27 Explore the conditions of Human Suffering & how clarity supports healing

2.28 Refines perception & understanding

2.29 -2.45 Introduces the Yamas & Niyamas

2.46-2.55 Introduces remaining limbs of Yoga



Stabilizing The Mind

3.1-3.55 Book Three explores deeper into continued practice to connect compassion, empathy, intuition, self awareness, and support of others

Offers suggestive goals for mediation practice

3.10 By constant & uninterrupted practice the mind can remain in a state of attention for a long time.

3.11 The mind alternates between the possibility of intense concentration and a state where alternative objects can attract attention.

3.15 By changing the order or sequence of change, characteristics that are of one pattern can be modified to a different pattern.

3.16-3.35 Invites meditations and considerations of:

- The process of change and how it is affected by time
- Interactions between language, ideas, & objects with consideration to culture perspectives
- Personal tendencies & habits to better understand one's past & generational history
- Change & how it can impact state of mind
- The relationship between the features of the body & what affects them
- Relationships between self & others
- Sun & Moon
- Body Scan

3.20 The cause of the state of mind of one individual is beyond the scope of observation by another



Going Beyond the Mind

Book Four explores the capabilities of the mind once “unburdened” with suffering

Talks of our human connection to God, Source, Universe, etc to find presence within individual connection to Mind, Body, & Spirit

4.8 Because the tendency of the mind to act on the basis of the five obstacles has not been erased, they will surface in the future to produce unpleasant consequence

4.9 Memory & latent impressions are strongly linked. This link remains even with passing of time, change of location, or context of similar actions

4.25 A person of extraordinary clarity is one who is free from the desire to know the nature of the Perceiver

4.31 When the mind is free from the clouds that prevent perception, all is known, there is nothing to be known

