

# Agenda YTT Week 6

*Welcome & Agenda Review -*

*Grounding Practice - Please reach out or let me know when you log on if you'd like to volunteer!*

*Optional Share of Mindfulness Observations (Activations, Posture, & Breath)*

*Guest Lecture Series Panel & Schedule*

***Break (5 Minutes)***

*Movement Lecture: Range of Motion Exploration*

*Break Out Discussion*

*Group Discussion*

***Break (5 Minutes)***

*Discussion: Satya :Examining Personal & Global Truths*

*Break Out Discussion*

*Group Discussion*

*Session Closing & Weekly Mindfulness Offering*

# Range of Motion Exploration

## **Benefits of Exploring Individual Physical Range of Motion for Practice**

- Encourages self-awareness and self-acceptance in each moment
- Prevents injury by honoring personal boundaries and current capacities
- Builds confidence and curiosity as participants discover what feels supportive
- Sustains long-term practice by allowing adjustments based on daily needs rather than fixed expectations

## **Emotional Range of Motion for Life Balance**

- Encourages the capacity to sit with and move through a variety of emotional states without avoidance
- Supports resilience by allowing space for both activation and rest in emotions, not just the body
- Develops adaptability and reduces the tendency to react impulsively by learning to observe emotional shifts
- Helps build trust in one's ability to regulate and respond to life's fluctuations with compassion and clarity

# Range of Motion Exploration

## **Purpose:**

Provides participants with the opportunity to explore the unique range of motion in their joints and muscles, gently warming the body to prepare for further movement. Beyond physical flexibility, emotional range of motion is also cultivated—allowing individuals to honor their real-time capacity for stimulation, action, and reaction. By increasing awareness of both physical and emotional limits, this practice supports self-regulation, adaptability, and a greater connection to the present moment, fostering a more intentional and healing movement experience.

## **Key Practices:**

Encourages gentle, exploratory movements to support mobility, flexibility, and bodily awareness while allowing participants to gradually reconnect with their bodies in a safe and intentional way. The sequencing is designed to move through all major joints and muscle groups, promoting circulation, ease of movement, and nervous system regulation.

By taking time to engage each area of the body—shoulders, spine, hips, wrists, ankles, and beyond—participants are invited to explore their natural range of motion without force or strain.

## **Facilitation Tips:**

Guide participants to approach movements with Satya (truth) by inviting them to observe what feels authentic and supportive in their bodies. Encourage them to move mindfully and honestly, without comparing themselves to others or striving for external perfection.

## **Suggested Movements and Breath Practices:**

By consistently encouraging exploration of both physical and emotional range of motion, we support participants in sustaining flexibility, adaptability, and self-trust—on the mat and in life. Each day's capacity may be different, and honoring that uniqueness creates a strong foundation for both healing and balance.



An abstract painting with a textured, layered appearance. The top half is dominated by warm, golden-yellow and orange tones, suggesting a bright sky or a sunlit landscape. Below this, there are horizontal bands of color, including deep blues, purples, and greens, which could represent water or a distant horizon. The brushstrokes are visible and expressive, giving the artwork a sense of movement and depth. A semi-transparent white rectangular box is overlaid on the right side of the image, containing the text 'Satya' and 'EXPLORING TRUTH'.

# Satya

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EXPLORING TRUTH



# Satya - Truth

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- Asks we seek deep personal Truth in our Thoughts, Words, and Actions
- Continuing w/foundation of Ahimsa
- Barriers to Truth – Vidya & Avidya
- When Truth Causes Harm
  - Family
  - Community
  - Politics
  - Social Media
  - Economics
  - Advertising
  - Self

**The truth is hard.**

# Barriers to Truth

## History / Perception / Experience

- What we have lived through often becomes/impacts our truth
- “Popular Opinion”
  - “Quid Pro Quo” / “It is what it is”
- Generational “truths”
  - trauma vs overcome
  - Why was this true for them? Why is it/ is it not true for me?
- Conditioning (samskara)
- Environment & Exposure to Alternatives
  - Never knew this option existed
  - Advertisement / Propaganda

# Vidya & Avidya

*To know, perceive, see, understand*

"A lie doesn't become truth,  
wrong doesn't become right,  
and evil doesn't become good,  
just because it's  
accepted by a  
majority"



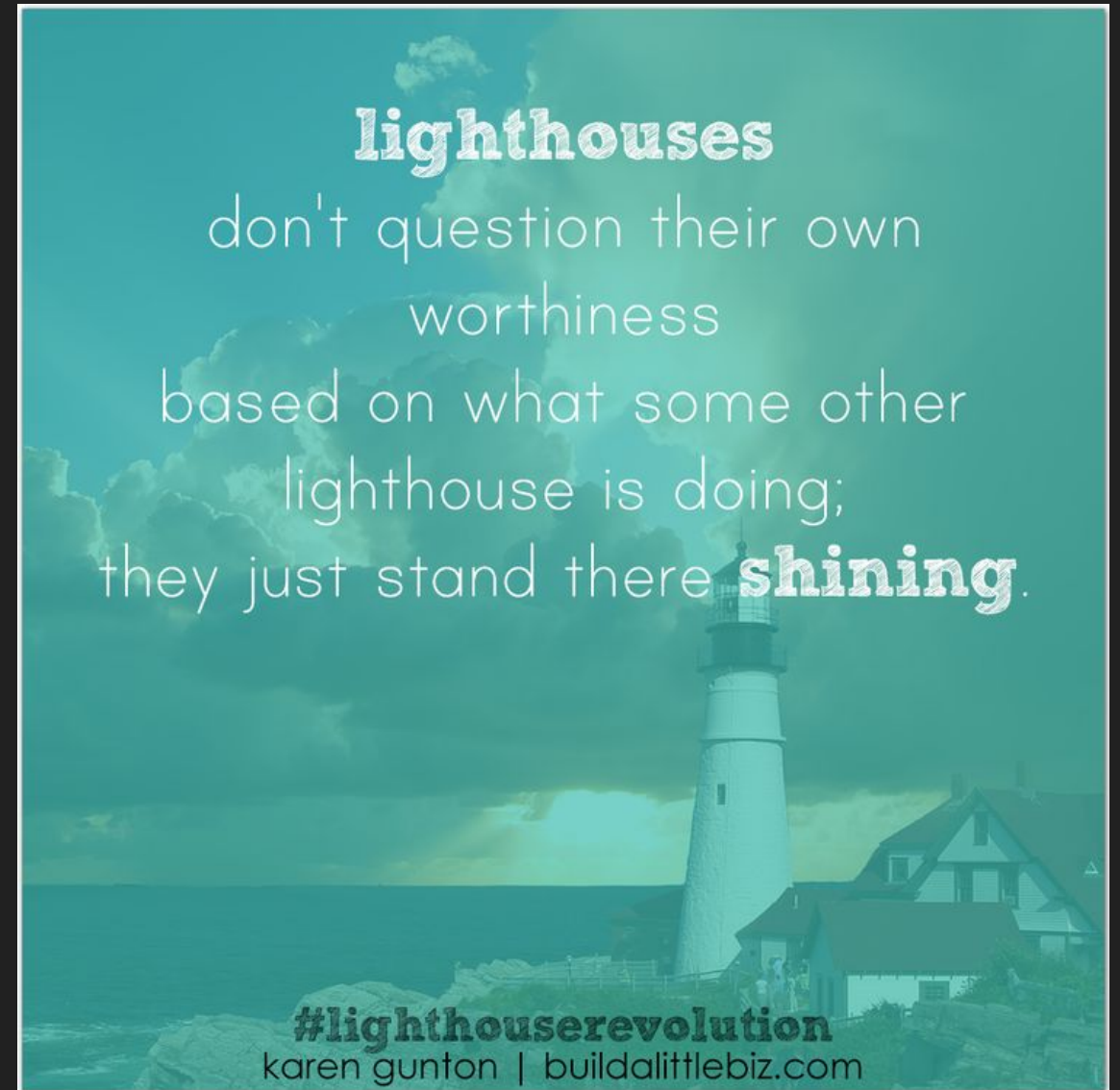
*Booker T. Washington*

There are two ways to be fooled. One  
is to believe what isn't true; the other  
is to refuse to believe what is true.

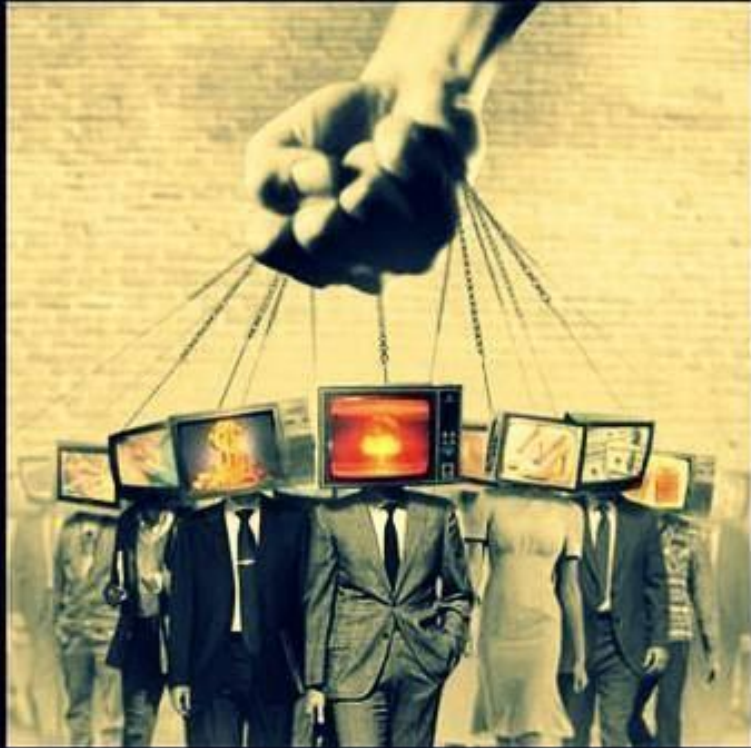
The truth is still  
the truth, even if no one  
believes it. A lie is  
still a lie, even if everyone  
believes it.

# Samskara

*Distorted / Conditioned Falsehood*







*The people will believe what  
the media tells them they believe.*

*George Orwell*

# Exploring Truth & Harm

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- When “telling the truth” Causes Harm
  - Personal Attacks
  - Manipulation
  - Assumptions & Biases

When Withholding Truth Causes Harm

Abuse/Assault Cover-up

Genocide

“Status Quo”



# Connecting to Truth

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- What “calls” to you?

- Nature
- Stories
  - Tales of:
    - Triumph
    - Overcome
    - Discovery
    - Curiosity

What “stirs” you?

What is always present?

The supportive & the harmful

What can you learn & how can you share?

Intentions, Sankalpas, Mantras

# Humans & Pathways/Barriers to Satya

