Today's Agenda:

Welcome & Agenda Review
Centering Practice (VOLUNTEERS WELCOME!!)

Discussion: Strength & Mobility and Standing Posture Review
Breakout Workshop: Creating a Strength & Mobility Sequence
Break (5 Minutes)

Discussion & Breakout Activity: Brahmacharya (non-excess)

Session Closing & Weekly Assignment Offering

****Optional Afterclass 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.

Brahmacharya

Exploring Excess: Consumption, Addiction, and Waste

Brahmacharya

- “Brahmacharya evokes a sense of directing our energy away from external desires … and instead, towards finding peace and happiness within ourselves.” Ekhartyoga.com
- Brahmacharya—the **moderation** of the senses—is one of the key practices yoga offers for managing sensory cravings. Practically speaking, this means that brahmacharya turns the mind inward, balances the senses, and leads to freedom from dependencies and cravings. Yogainternational.com
- Many of us have eaten fruit, but how many of us have planted fruit trees, waited for them the fruit to grow and ***then*** eaten the fruit?
  - Most people have eaten fruit because someone else planted the fruit trees.
  - Some purchase more fruit than thay can eat/sell (inlcuding grocers)
  - People who are willing to dedicate themselves to other's wellbeing are needed in society. If there is no one thinking about others’ wellbeing, that society is definitely heading for ruin. That is what has happened to society right now. There are very few people thinking of everyone's wellbeing. Isha.sadhguru.org (adapted from Mango story)

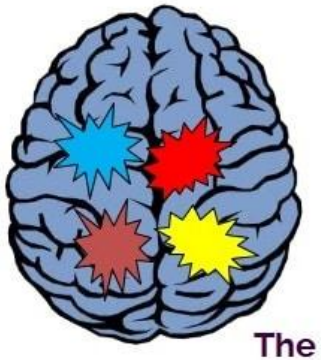
Addiction and the Brain

Cycle of Addiction

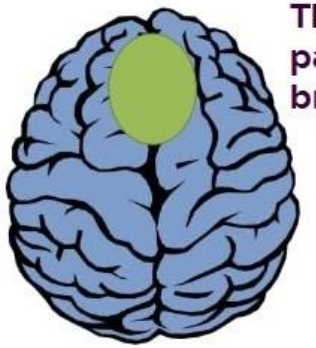
Intoxication → Withdrawal → Anticipation

Intoxication	Withdrawal	Anticipation
In the intoxication phase of addiction, substances create spikes in dopamine release and produce pleasurable feelings, affecting the brain's reward system. With repeated use of the drug, the brain also learns to associate the pleasure it produces with external stimuli. This causes an individual to repeatedly use the substance.	In the withdrawal phase, an individual no longer uses a substance to achieve euphoria but to avoid dysphoria. With extended substance use, they will start to suffer withdrawal symptoms when they are unable to get enough of their drug of choice. First, the amount of dopamine released by the same dosage of drugs steadily decreases with consistent use. Next, the brain becomes more reactive to stress, what's called the "anti-reward" system.	In the anticipation phase, an individual seeks out drugs after the effects have worn off. Disruption to dopamine and glutamate regulation occurs and impairs decision making, emotional control, prioritizing tasks, and impulsivity. Once an individual reaches the anticipation phase, they are at risk and filter through the cycle of addiction again.

Threat

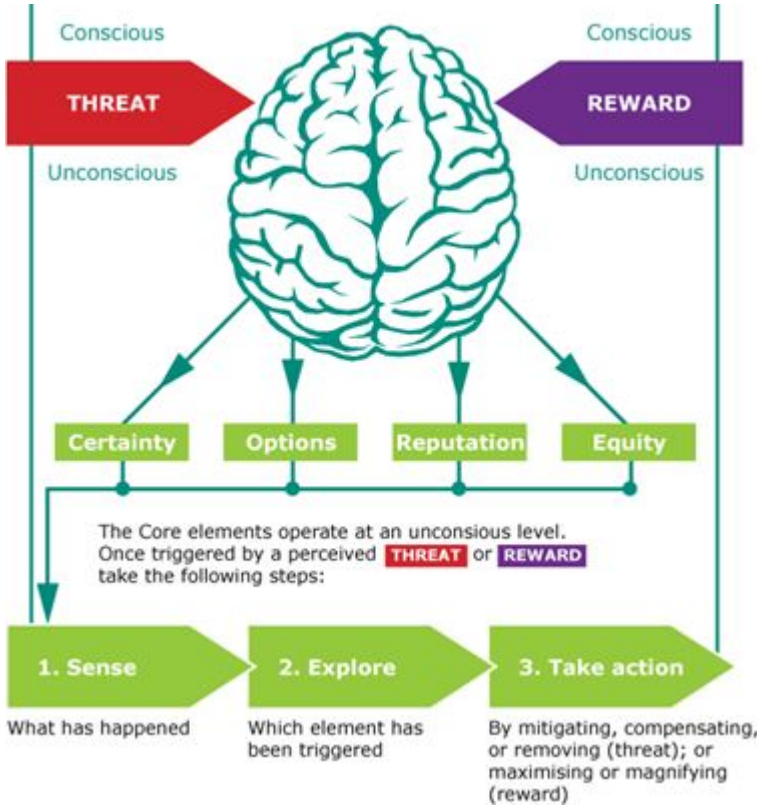


Reward



The rational part of our brain...

The emotional part of our brain...



Addiction to Privilege

Questions to Consider

Exploring aspects of Patriarchal Hierarchy, White Supremacy, and Privilege… how does this connect to excess and addiction?

What Thoughts/Embodied Sensations arise with the statement "*Addiction to Privilege*"?

What similarities can be identified between the actions of societal oppression and actions of addiction?

Can one be addicted to privilege to the degree of harm to self and others? How so? What might be beneficial actions to support healing?

How might the Kleshas impact the human need for excess?

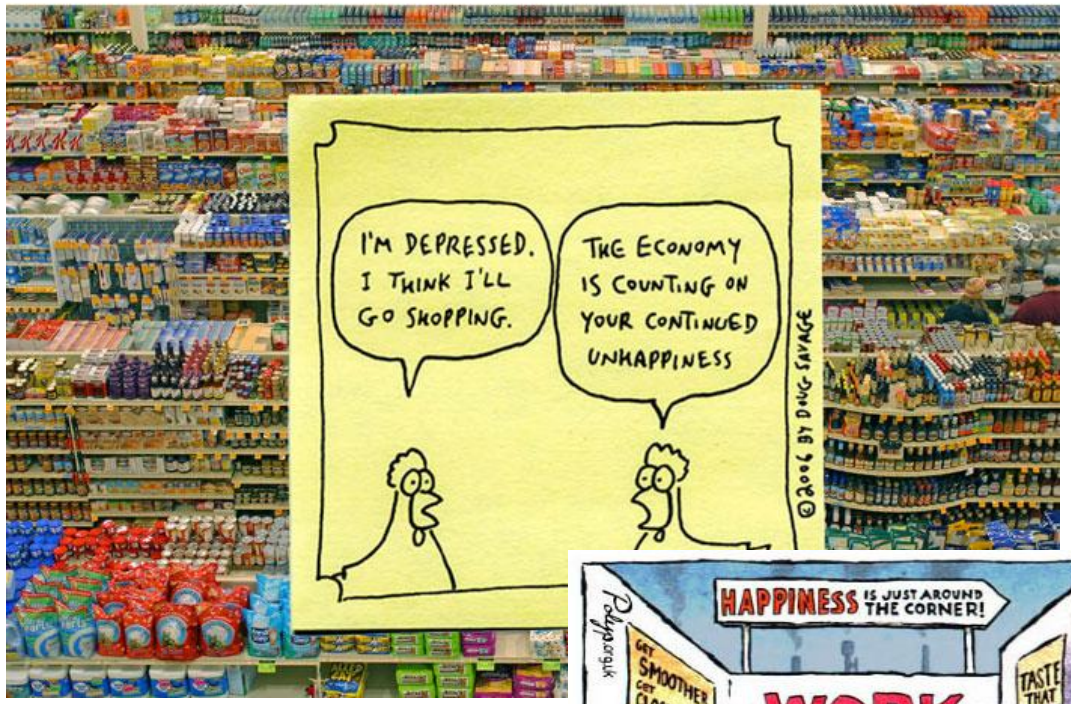
Fear, Aversion, Ignorance, Attachment, Ego

Exploring Personal Excesses

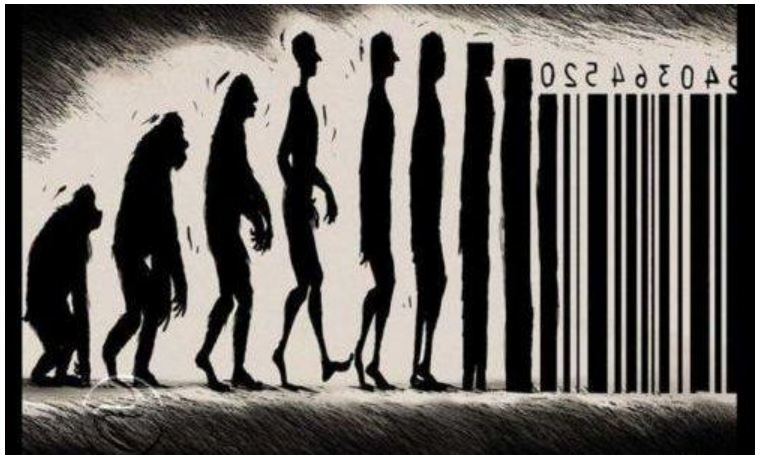
*Brahmacharya offers that **anything** external to ourselves that becomes more vital to our existence than our own self is ultimately harmful. When things/stuff, social status, substances, ect. become our focus, we create barriers to our mind/body/spirit connection and the need/anticipation leads to suffering anytime the need is not met.*

- Substance Misuse/Abuse
- Social Media / Television / Cell Phone
- Exercise
- Food
- Shopping
- Relationships (Sexuality*)
- Multi-tasking / Work
- Ruminating (thoughts)

If you are happy, CONSUMERISM IS DEAD



'RAT RACE'



The ARCHITECTS GOLF CLUB
Distinction By Design

AN UNCOMMON EXPERIENCE BUILT ON TRADITION

"ALL YOU CAN EAT"

FRIDAY NIGHT FAMILY BBQ

Starts Friday, May 27th & *Runs All Summer Long*!

BBQ: 6-9 pm ~ Live Music Every Week @ 6:00 pm!

Adults $15.95 ~ Kids (12 & Under) $10.95
Tax & Gratuity Additional

BBQ FRIDAY BUFFET SELECTIONS:

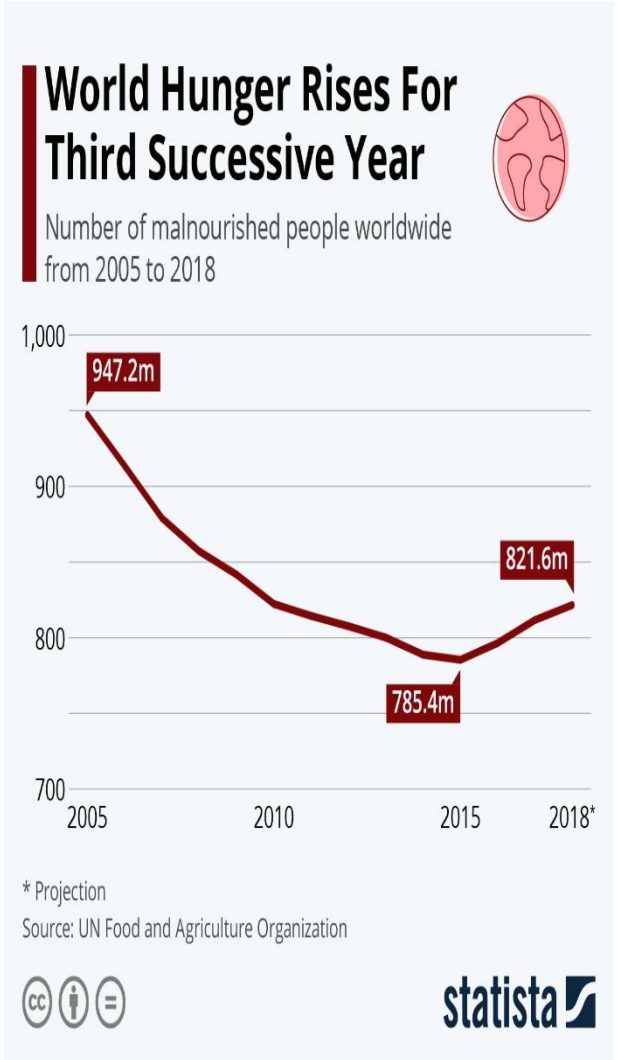
RIBS	BBQ PORK
MUSSELS	GRILLED SAUSAGES
HAMBURGERS	ASSORTED SALADS
CHEESEBURGERS	DESSERTS
BBQ CHICKEN	FRESH FRUIT

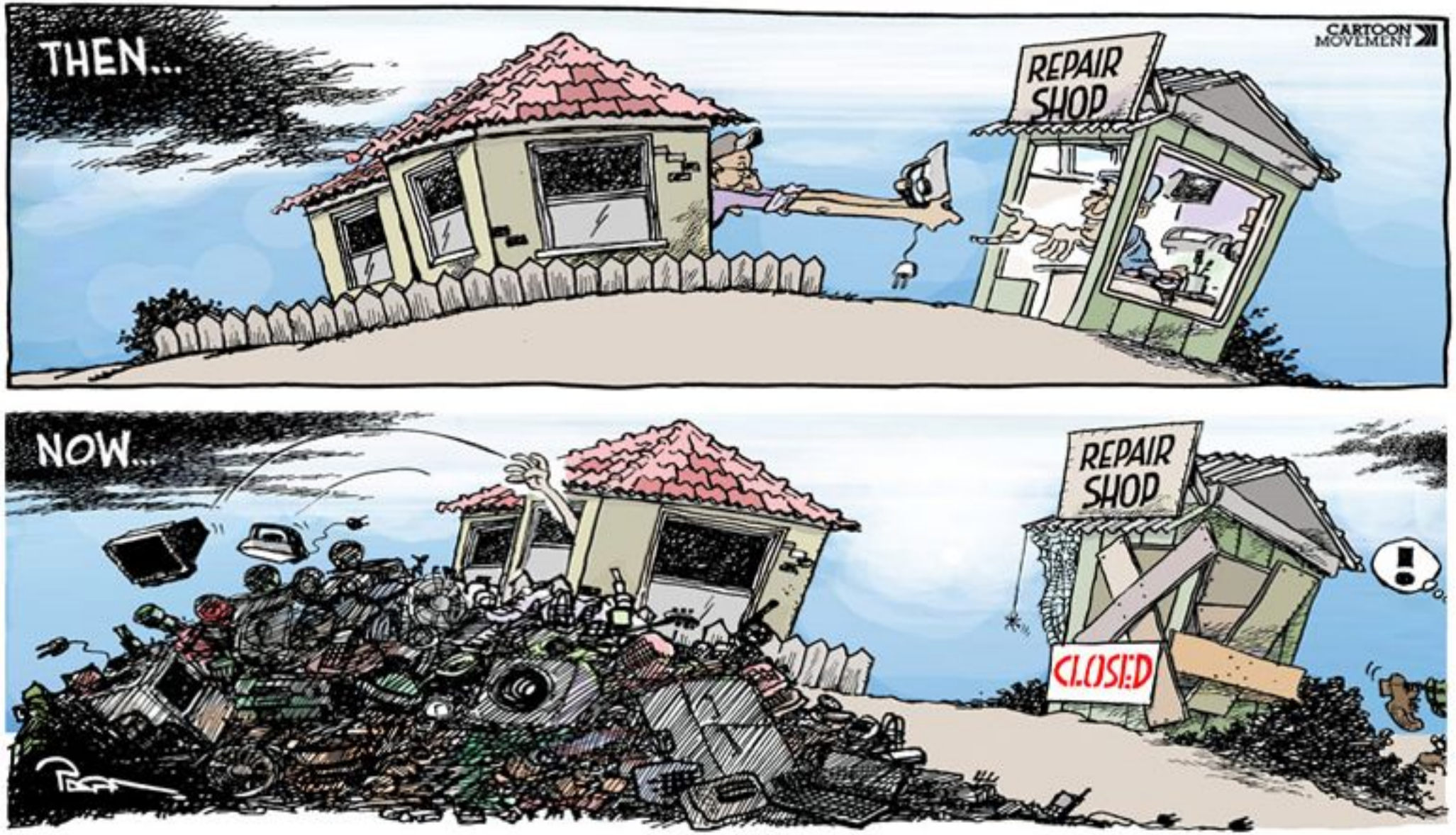
Come Early! HAPPY HOUR SPECIALS FROM 6-8 PM:
Drafts: $2 Domestics, $3 Imports, $4 Well Drinks, $4.50 House Wine Glass

Call Today for Reservations: (908) 213-3080 x 113

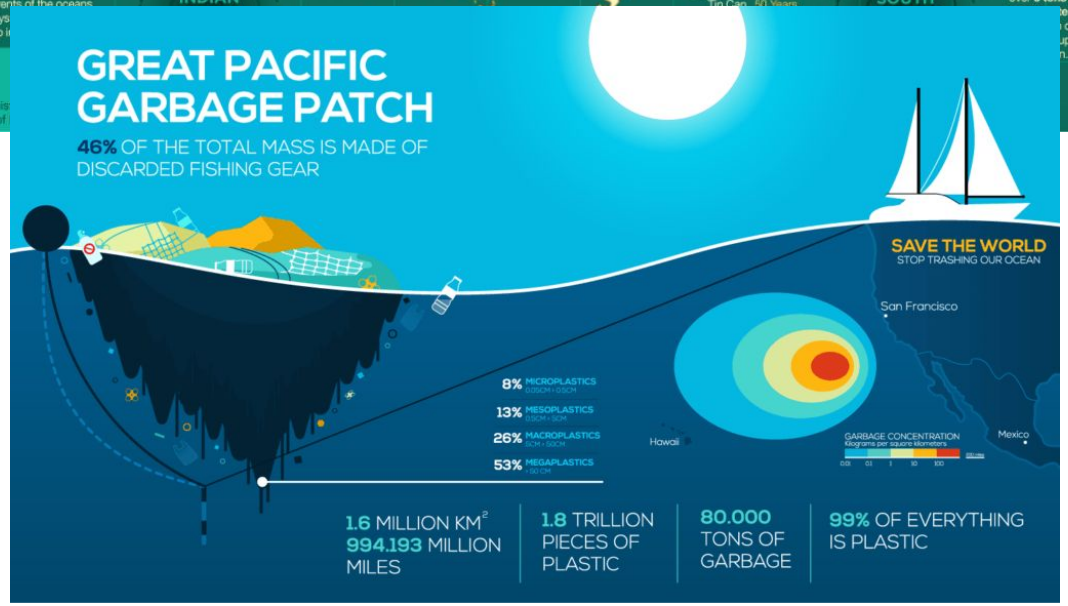
700 Strykers Road | Lopatcong, NJ 08865 | (908) 213-3080 | www.thearchitectsclub.com

Food Insecurity

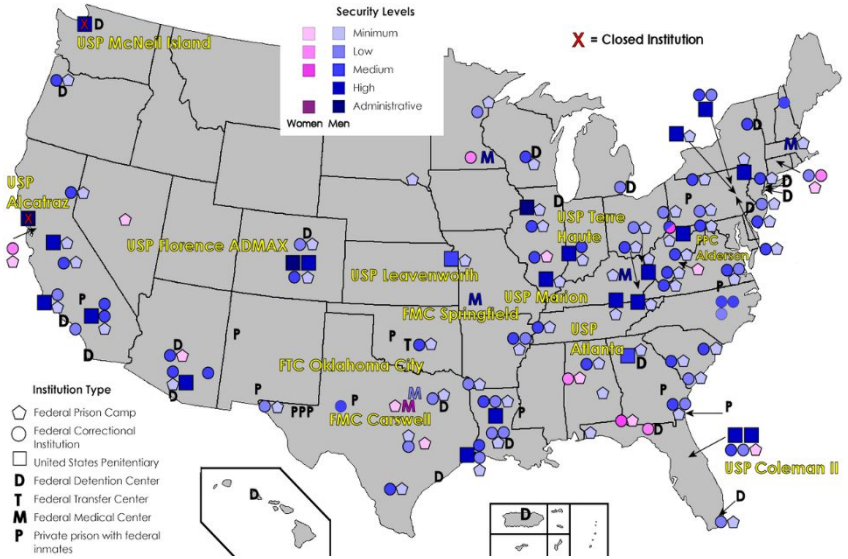


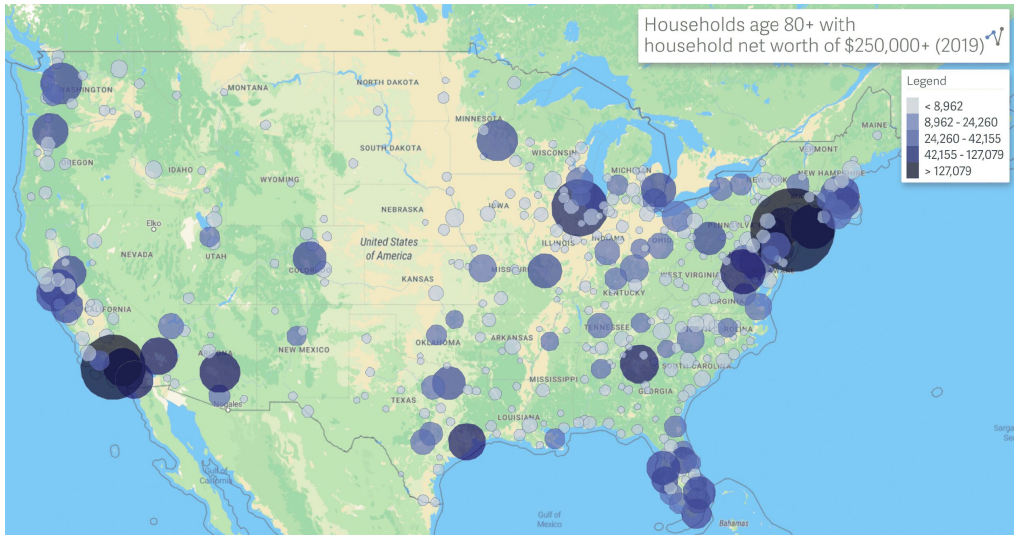

THEN...
REPAIR SHOP
CARTOON MOVEMENT
NOW...
REPAIR SHOP
CLOSED
!

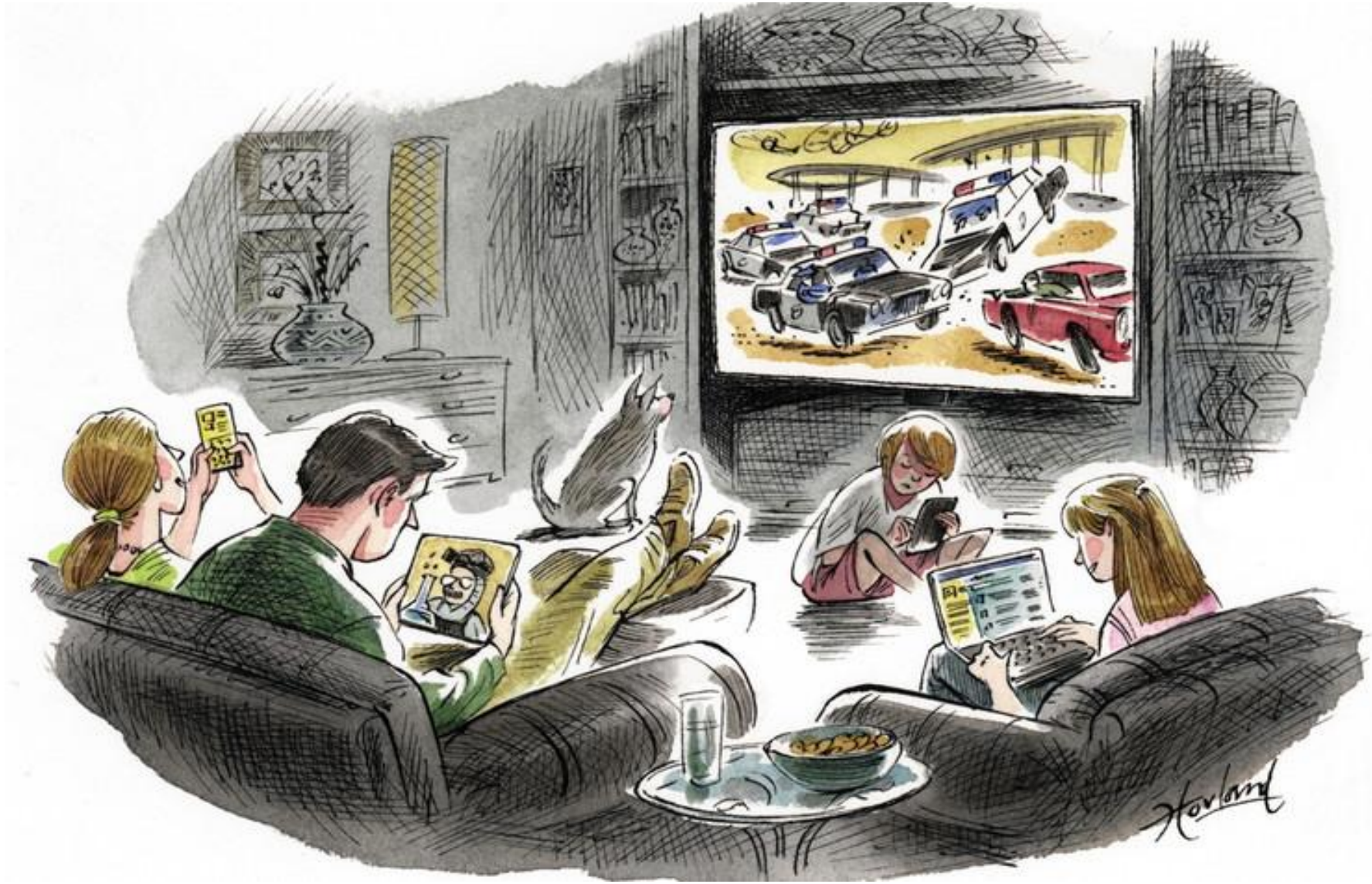
THE GREAT PACIFIC GARBAGE PATCH



Superfund Sites, Correctional Facilities, & Elderly Housing







The 6th Extinction

What is the 6th Mass Extinction?

A mass extinction is a short period of geological time in which a high percentage of biodiversity, or distinct species—bacteria, fungi, plants, mammals, birds, reptiles, amphibians, fish, invertebrates—dies out. In this definition, it's important to note that, in geological time, a 'short' period can span thousands or even millions of years. The planet has experienced five previous mass extinction events, the last one occurring 65.5 million years ago which wiped out the dinosaurs from existence. Experts now believe we're in the midst of a sixth mass extinction.

- Driven by Human Activity - Humans are the Extinction Factor
  - Unsustainable Use of Land, Energy, & Water
    - Agriculture, Deforestation, Pollution
- In the last 100 years…
  - 50% of Animals & 25% of Birds now extinct

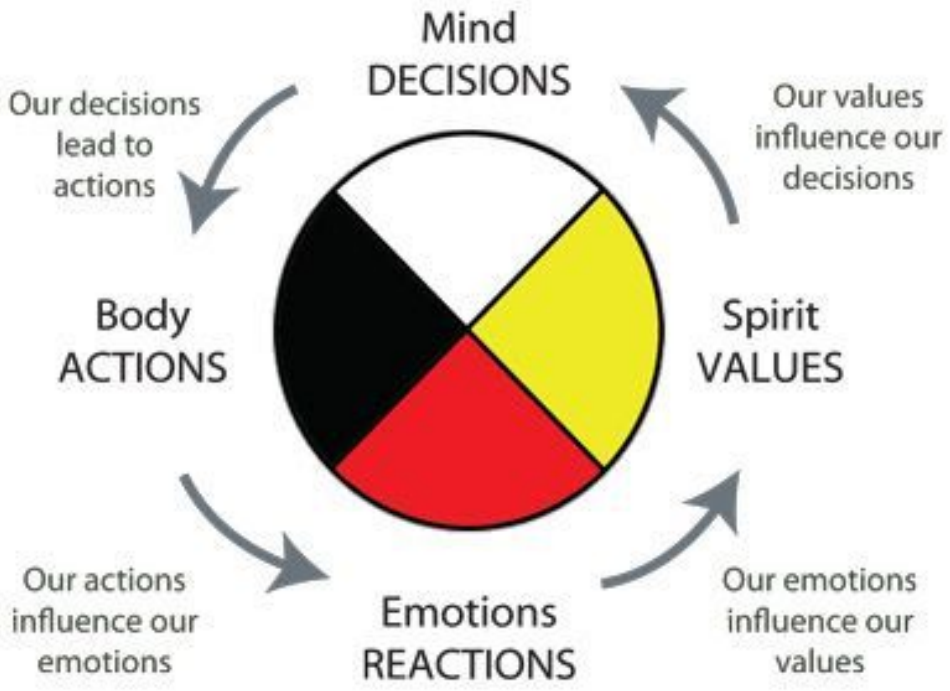
Acts of Scared Rebellion:

Pick one thing…then another…

Research sourcing of products purchased

Look at your own consumption and see where change is realistic

Plant gardens, protect pollinators, support local growers



Exploring Non-Excess

Reduce Harm

Revisit Truth – Need Vs Want

Accessible Resources

Self-Healing

Letting go

⤴Strength & Resilience

On the Mat:

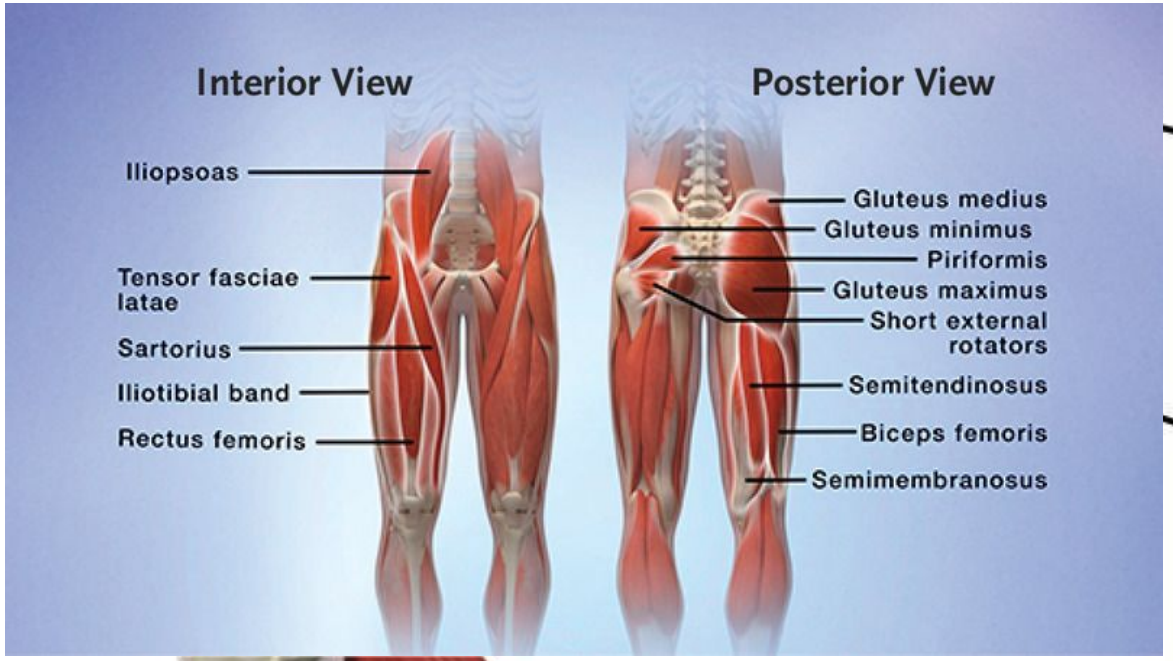
- Facilitator introduces postures and short flow sequences in the **frontal and sagittal planes** to safely build **heat, strength, and mobility**.
- Practice begins slowly, honoring the transition from centering into more effortful movement.
- Participants set their own pace, with choices in posture variations and intensity.
- Opportunities to pause, revisit centering, or workshop postures support accessibility and self-awareness.

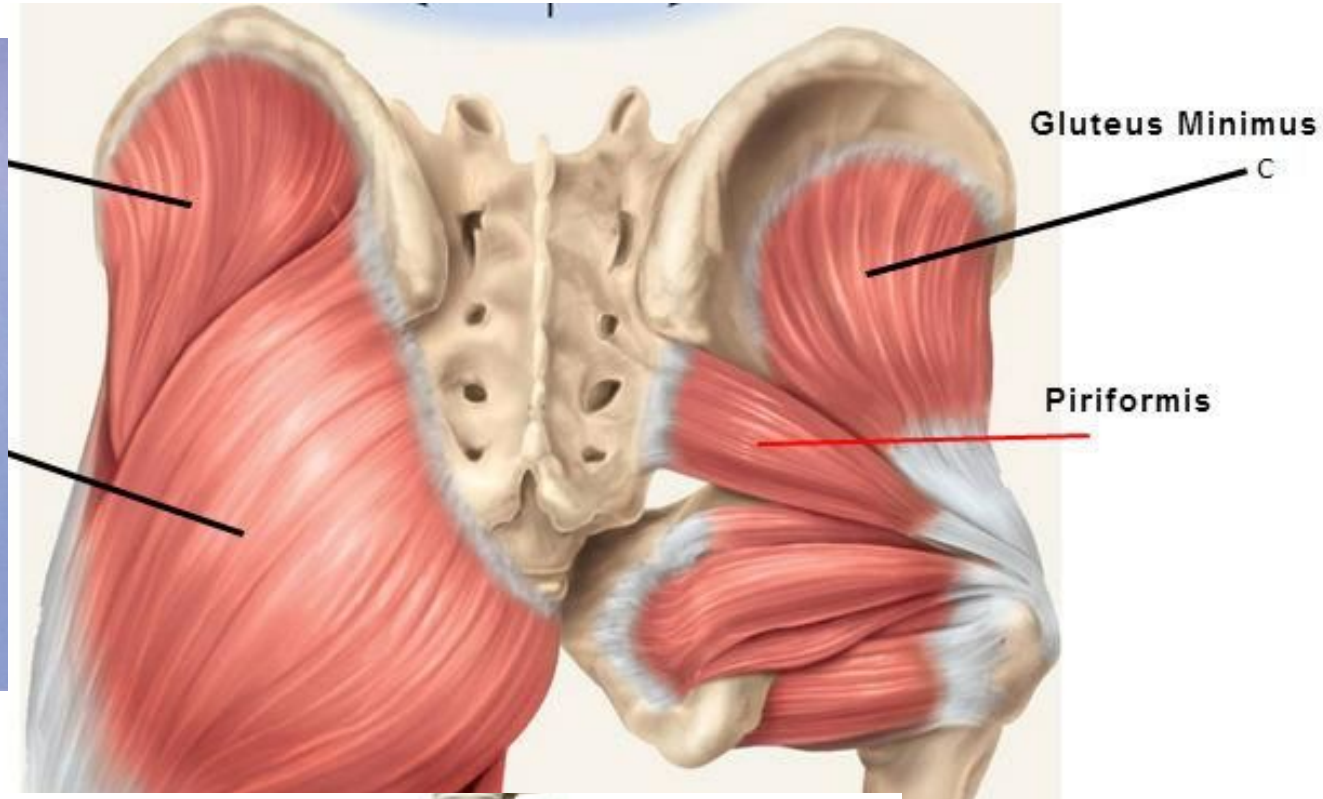
Examples of Practices:

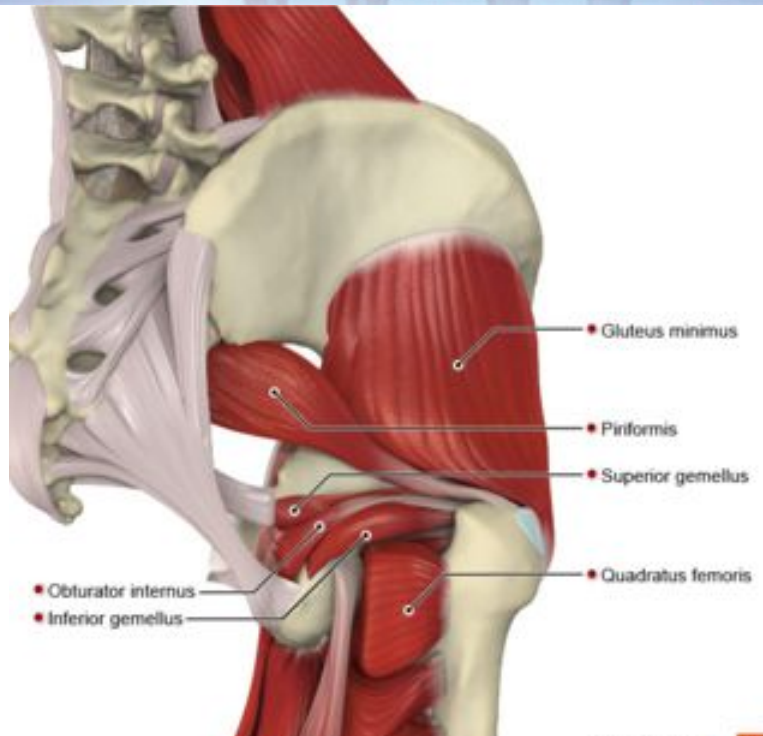
Seated or standing **Cat/Cow, Dragon lunges, Sun & Moon salutation variations, Warrior postures, Qi Gong movement, Breath practices**

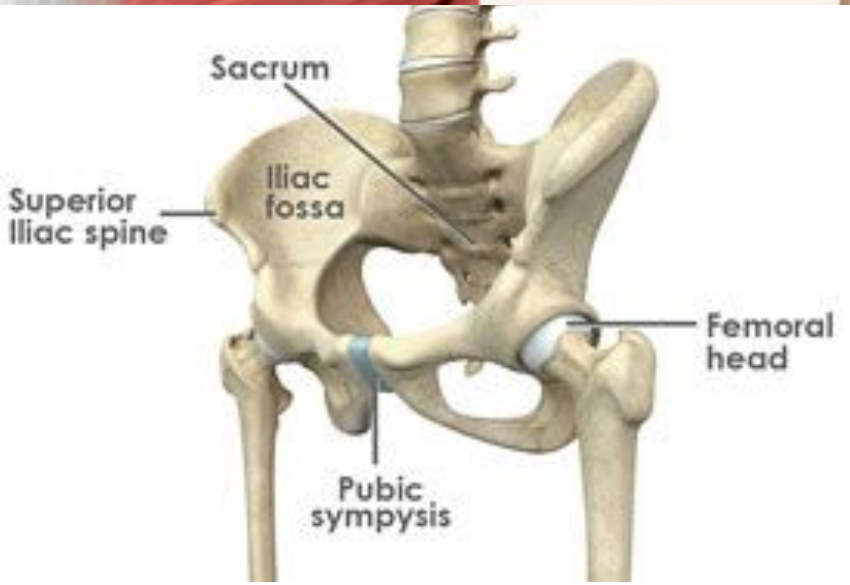
Off the Mat – Everyday Advantages:

- **Emotional Strength** – staying grounded and calm during stress, choosing response over reaction.
- **Mental Strength** – building focus, clarity, and resilience in decision-making.
- **Physical Strength** – improved posture, mobility, and energy for daily life.
- **Competency & Confidence** – experiencing growth through mindful effort fosters a sense of capability in all areas of life.
- **Balance of Effort & Ease** – learning when to engage strength and when to soften supports healthier relationships, work, and self-care.


Interior View
Posterior View
Iliopsoas
Tensor fasciae latae
Sartorius
Iliotibial band
Rectus femoris
Gluteus medius
Gluteus minimus
Piriformis
Gluteus maximus
Short external rotators
Semitendinosus
Biceps femoris
Semimembranosus

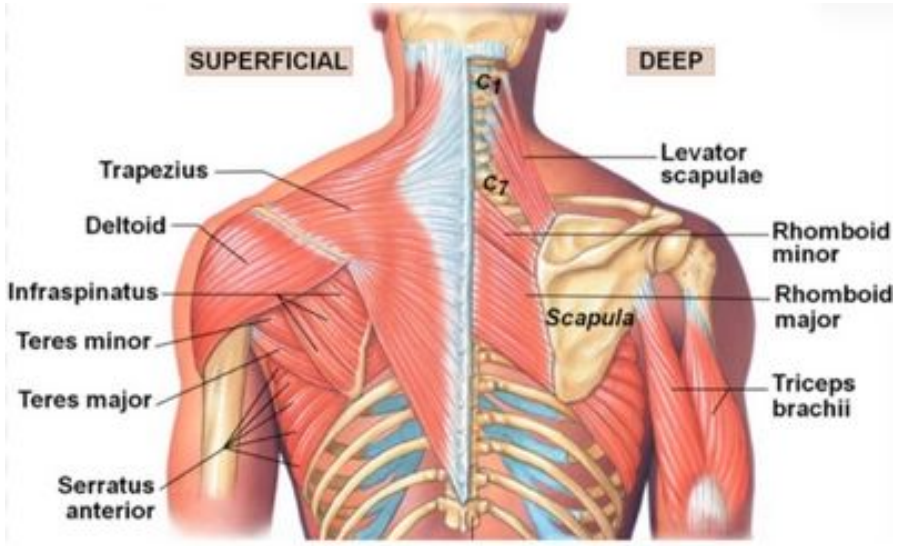

Gluteus Minimus
Piriformis

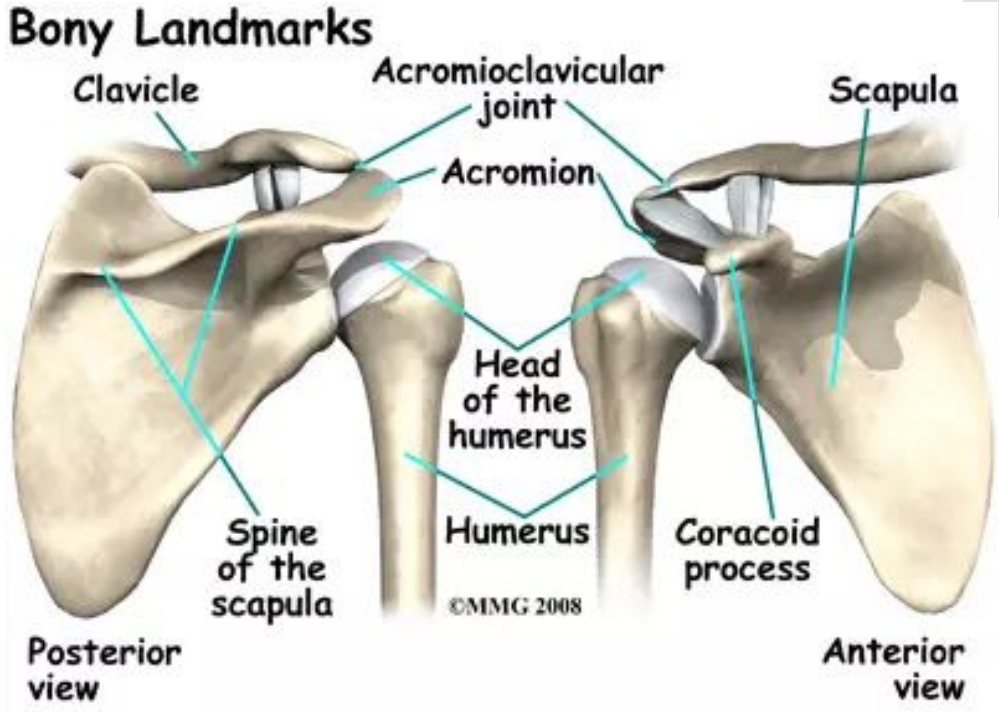

Gluteus minimus
Piriformis
Superior gemellus
Obturator internus
Inferior gemellus
Quadratus femoris

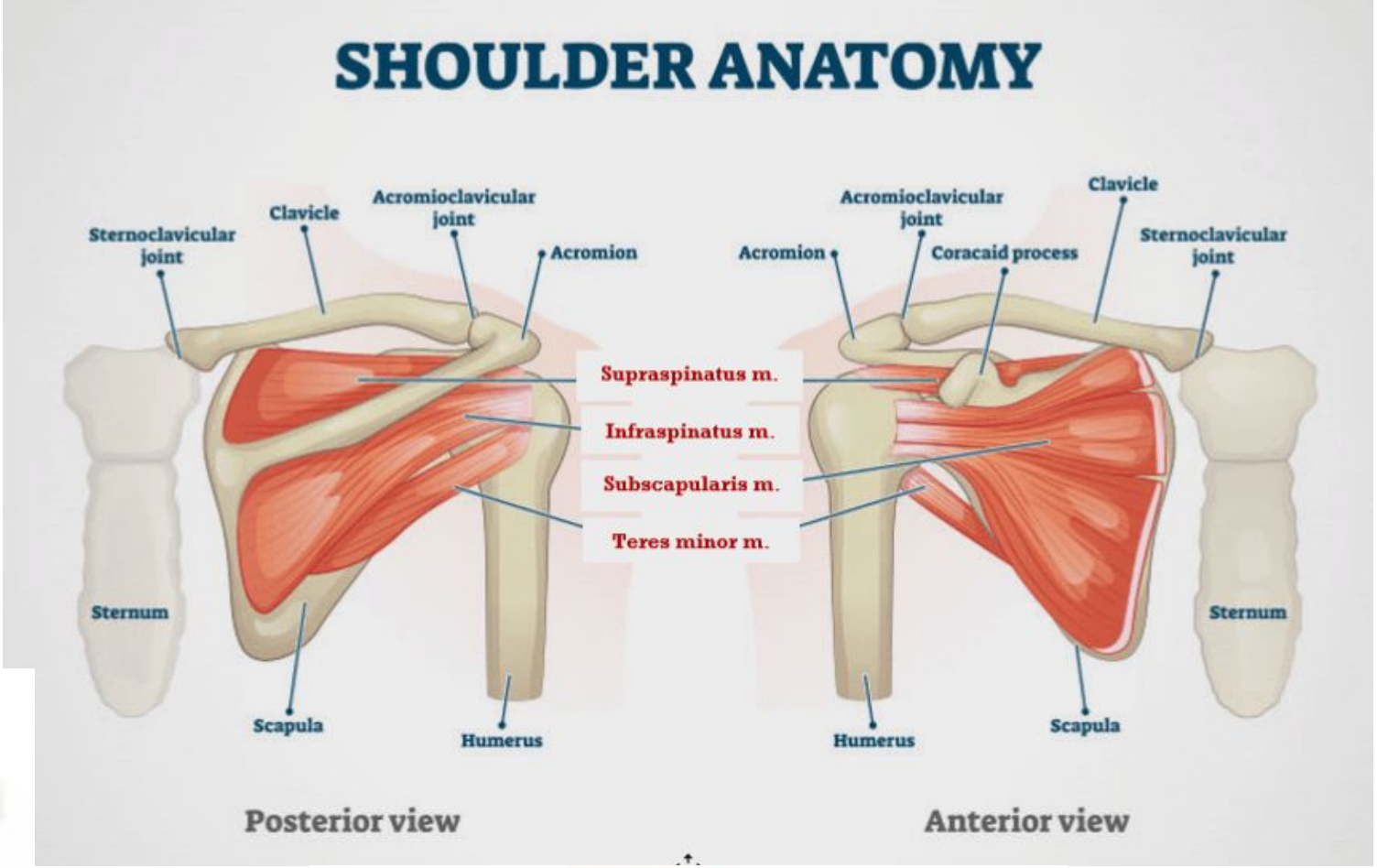

Sacrum
Iliac fossa
Superior Iliac spine
Femoral head
Pubic sympysis

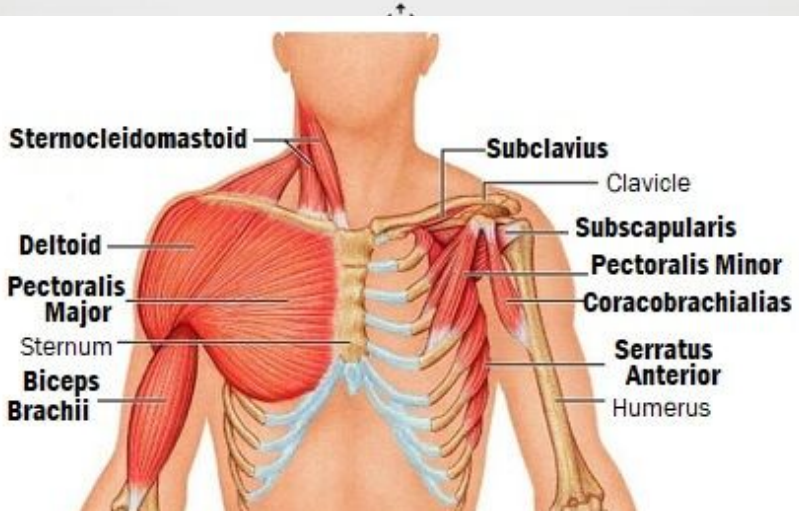
Hips

Shoulders


SUPERFICIAL
DEEP
C1
C7
Trapezius
Deltoid
Infraspinatus
Teres minor
Teres major
Serratus anterior
Levator scapulae
Rhomboid minor
Rhomboid major
Scapula
Triceps brachii


Bony Landmarks
Clavicle
Acromioclavicular joint
Acromion
Scapula
Head of the humerus
Spine of the scapula
Humerus
Coracoid process
©MMG 2008
Posterior view
Anterior view


SHOULDER ANATOMY
Sternoclavicular joint
Clavicle
Acromioclavicular joint
Acromion
Supraspinatus m.
Infraspinatus m.
Subscapularis m.
Teres minor m.
Sternum
Scapula
Humerus
Posterior view
Acromioclavicular joint
Clavicle
Acromion
Coracaid process
Sternoclavicular joint
Sternum
Humerus
Scapula
Anterior view


Sternocleidomastoid
Subclavius
Clavicle
Deltoid
Subscapularis
Pectoralis Minor
Pectoralis Major
Coracobrachialias
Sternum
Serratus Anterior
Biceps Brachii
Humerus

~ Let's take a break ~

5:00

Posture Resources

Triangle, Revolved Triange

Side Angle, Revolved Side Angle

½ Moon Posture

Staff Pose

Utthita Trikonasana:
Extended Triangle Pose

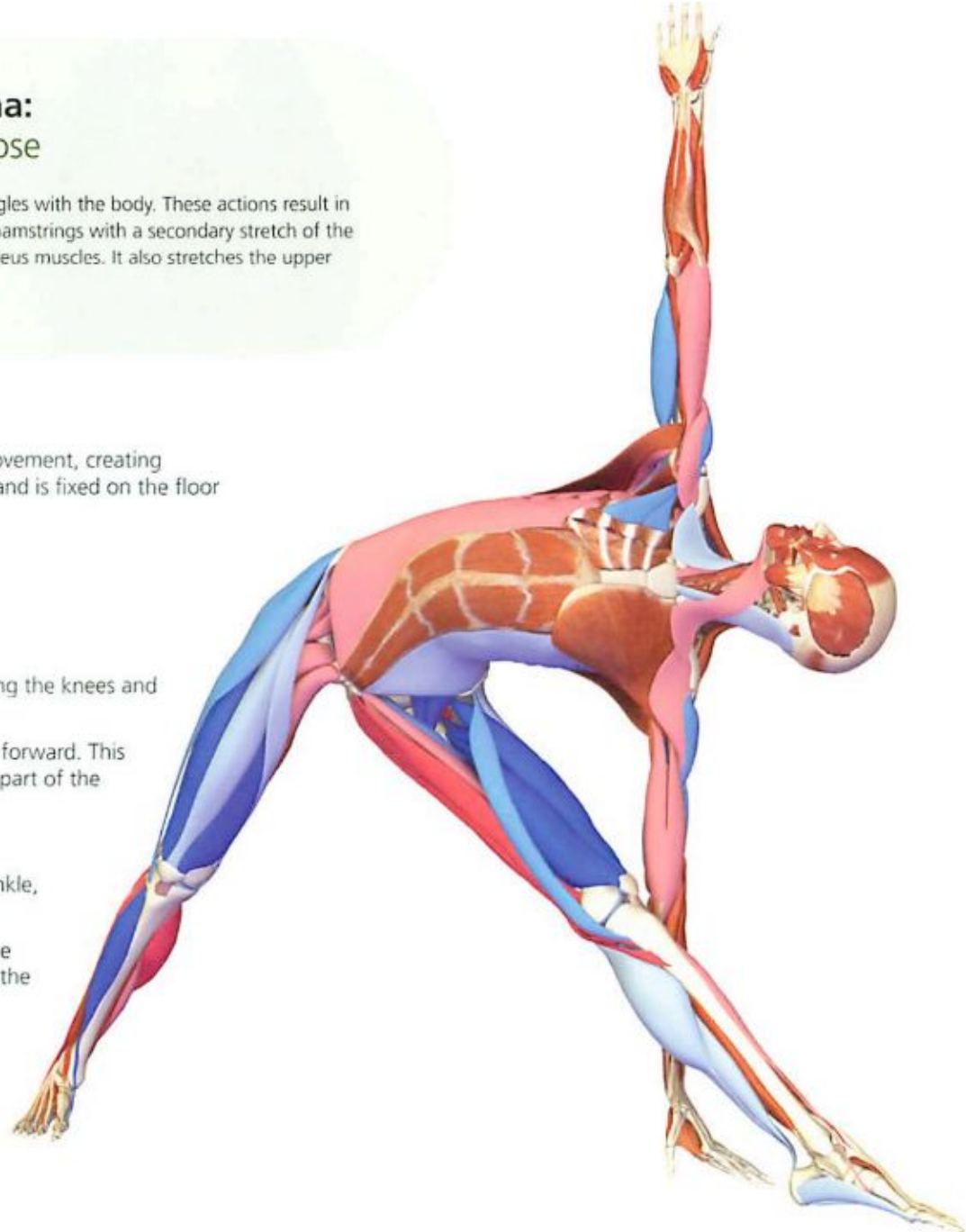
Trikonasana creates a series of triangles with the body. These actions result in a powerful stretch of the front leg hamstrings with a secondary stretch of the back leg hamstrings and gastroc-soleus muscles. It also stretches the upper side abdominal and back muscles.

The upper side shoulder and upper arms have "open chain" movement, creating proprioceptive awareness of the arm in space. The lower side hand is fixed on the floor or leg, giving leverage to open the chest.

Synergizing/Activating

Pelvis and Legs

1. The front and back leg quadriceps contract, extending the knees and stretching the lower region of the hamstrings.
2. The front leg psoas flexes the hip and tilts the pelvis forward. This tilts the ischial tuberosity back, stretching the upper part of the front leg hamstrings.
3. The back leg gluteus maximus extends the hip.
4. The tibialis anterior of the back leg dorsiflexes the ankle, drawing it towards the shin.
5. The peroneus longus and brevis on the outside of the front shin activate, pressing the ball of the foot into the floor.

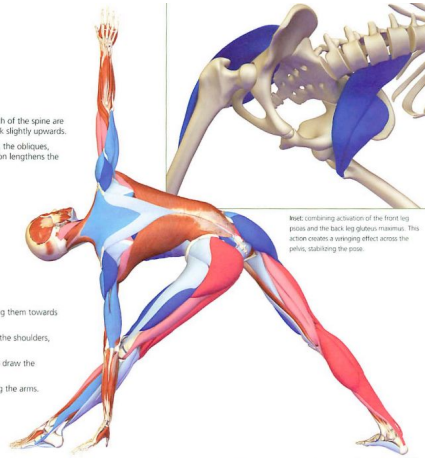


Trunk

1. The erector spinae, running along the length of the spine are active, with the upper side turning the trunk slightly upwards.
2. Muscles on the lower side of the abdomen, the obliques, activate to turn the torso upward. This action lengthens the obliques on the upper side of the trunk.

Shoulders and Arms

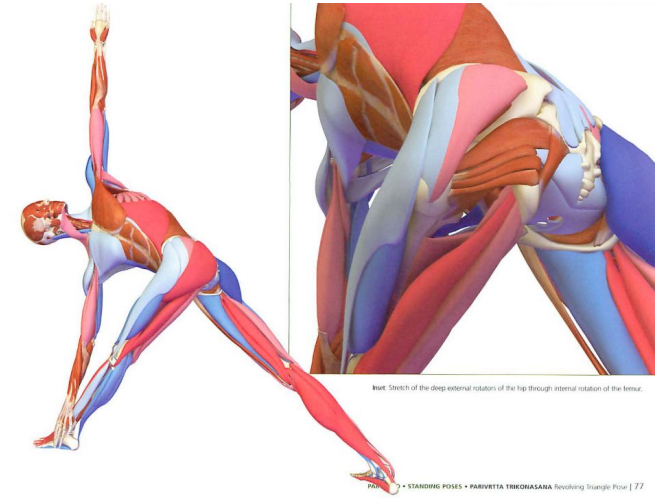
1. The rhomboids retract the scapulae, drawing them towards the midline and opening the chest.
2. The middle portions of the deltoids abduct the shoulders, drawing them away from the trunk.
6. The lower third of the trapezius activates to draw the shoulders away from the neck.
7. The triceps extend the elbows, straightening the arms.



Inset: combining activation of the front leg psoas and the back leg gluteus maximus. This action creates a wringing effect across the pelvis, stabilizing the pose.

Parivrtta Trikonasana: Revolving Triangle Pose

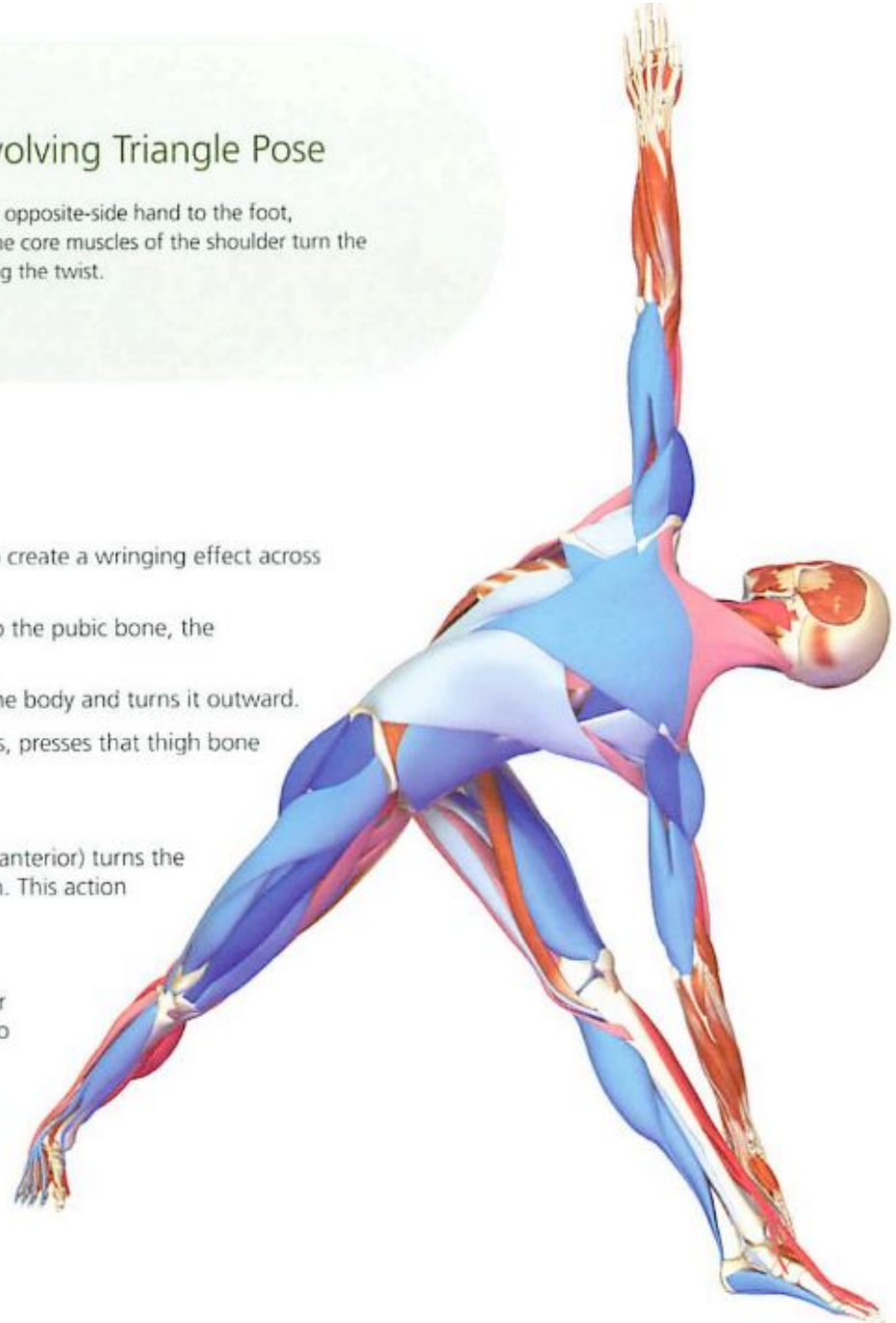
The Revolving Triangle is a pose that connects the opposite-side hand to the foot, transmitting a twist across the trunk and spine. The core muscles of the shoulder turn the trunk in the opposite direction of the hips, creating the twist.



Inset: Stretch of the deep external rotators of the hip through internal rotation of the femur.

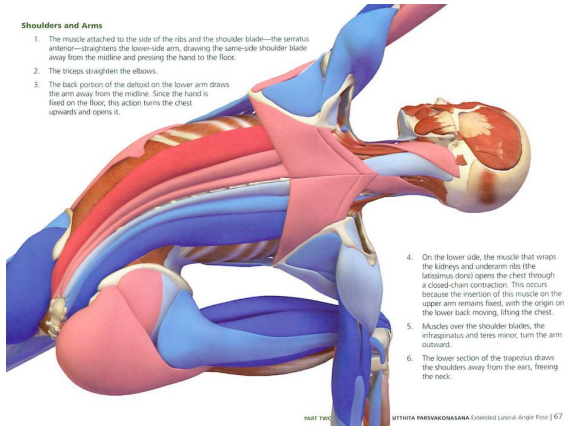
Synergizing/Activating

1. The front leg psoas conspires with the back leg buttock muscles to create a wringing effect across the pelvis, thus stabilizing the pose.
2. The same psoas works with a muscle connecting the thigh bone to the pubic bone, the pectineus, and the adductor muscles to bend the front-leg hip.
3. Meanwhile, the back-leg buttock muscle extends the leg behind the body and turns it outward.
4. The large inner thigh muscle of the back leg, the adductor magnus, presses that thigh bone back and draws it in toward the center line.
5. The quadriceps straightens the knees.
6. In the back leg, the muscle along the edge of the shin (the tibialis anterior) turns the ankle slightly inward, drawing the top of the foot towards the shin. This action stretches the muscles in the back of the calf.
7. The triceps straighten the elbows.
8. A muscle at the side of the rib cage and connected to the shoulder blade, the serratus anterior, draws the lower arm shoulder down to the foot.
9. The back portion of the lower arm deltoid persuades the trunk to turn farther into the twist by drawing the chest forward.
10. Muscles connecting the shoulder blade to the spine (the rhomboids) and the back portion of the deltoid draw the upper side of the trunk deeper into the twist.



Utthita Parsvakonasana:
Extended Lateral Angle Pose

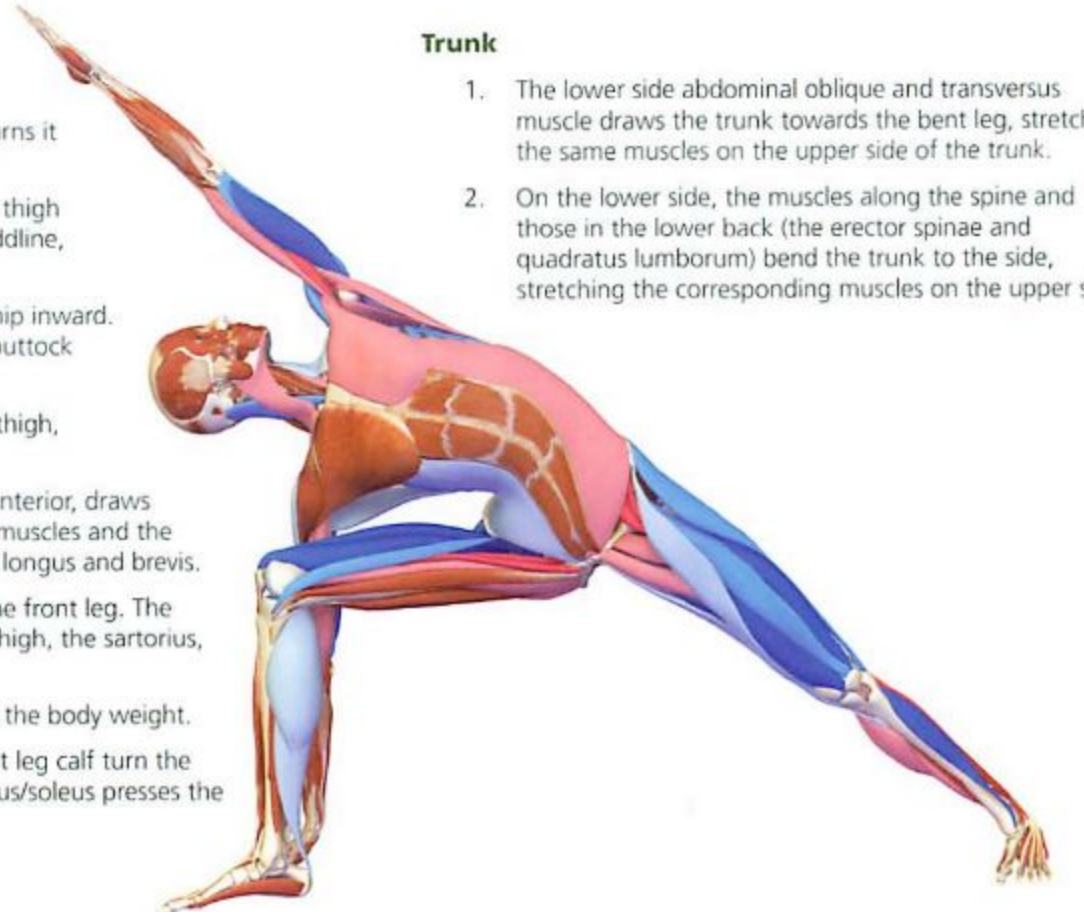
This is one of the standing poses in which the pelvis faces in the forward direction, tending to be parallel to the front plane of the body. It is the natural next step from Warrior II, with one hand placed on the floor and the other stretching upward over the head.



Synergizing/Activating

Pelvis and Legs

1. The back-leg buttock muscle extends the hip and turns it outward.
2. The adductor group of muscles on the inside of the thigh extend the femur and draw the leg towards the middline, stabilizing the back foot on the floor.
3. The tensor fascia lata and gluteus medius turn the hip inward. This balances the strong outward pull by the large buttock muscle.
4. The quadriceps, the muscles along the front of the thigh, straighten the back knee.
5. The muscle along the front of the shin, the tibialis anterior, draws the ankle toward the shin, which stretches the calf muscles and the muscles along the outside of the calf, the peroneus longus and brevis.
6. The psoas and pectineus muscles bend the hip of the front leg. The muscle crossing diagonally over the midline of the thigh, the sartorius, refines this action.
7. The quadriceps of the front leg activates to support the body weight.
8. The peroneus muscles along the outside of the front leg calf turn the ankle slightly outward, everting it. The gastrocnemius/soleus presses the foot into the floor by flexing the ankle.



Trunk

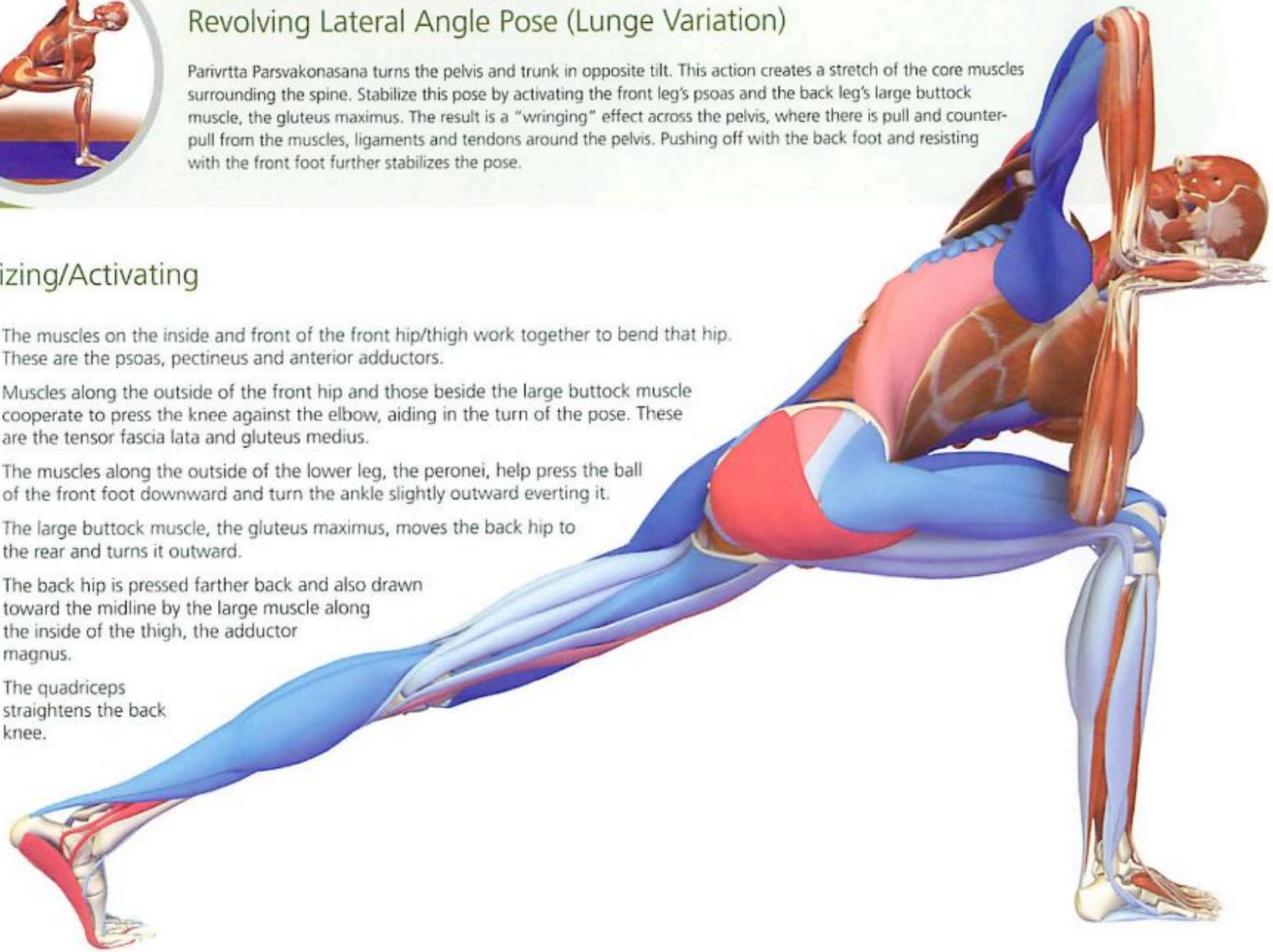
1. The lower side abdominal oblique and transversus muscle draws the trunk towards the bent leg, stretching the same muscles on the upper side of the trunk.
2. On the lower side, the muscles along the spine and those in the lower back (the erector spinae and quadratus lumborum) bend the trunk to the side, stretching the corresponding muscles on the upper side.

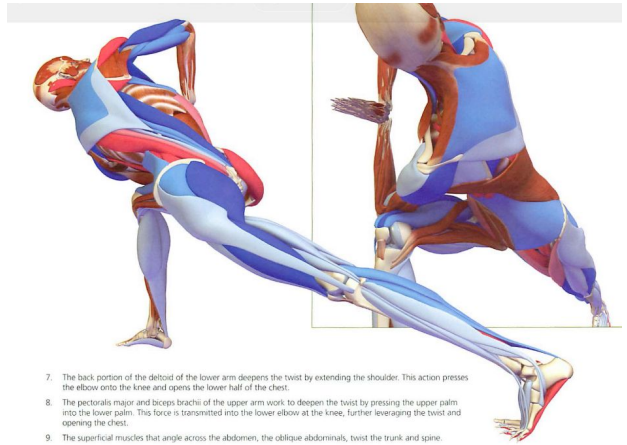
Parivrtta Parsvakonasana:
Revolving Lateral Angle Pose (Lunge Variation)

Parivrtta Parsvakonasana turns the pelvis and trunk in opposite tilt. This action creates a stretch of the core muscles surrounding the spine. Stabilize this pose by activating the front leg's psoas and the back leg's large buttock muscle, the gluteus maximus. The result is a "wringing" effect across the pelvis, where there is pull and counter-pull from the muscles, ligaments and tendons around the pelvis. Pushing off with the back foot and resisting with the front foot further stabilizes the pose.

Synergizing/Activating

1. The muscles on the inside and front of the front hip/thigh work together to bend that hip. These are the psoas, pectineus and anterior adductors.
2. Muscles along the outside of the front hip and those beside the large buttock muscle cooperate to press the knee against the elbow, aiding in the turn of the pose. These are the tensor fascia lata and gluteus medius.
3. The muscles along the outside of the lower leg, the peronei, help press the ball of the front foot downward and turn the ankle slightly outward everting it.
4. The large buttock muscle, the gluteus maximus, moves the back hip to the rear and turns it outward.
5. The back hip is pressed farther back and also drawn toward the midline by the large muscle along the inside of the thigh, the adductor magnus.
6. The quadriceps straightens the back knee.

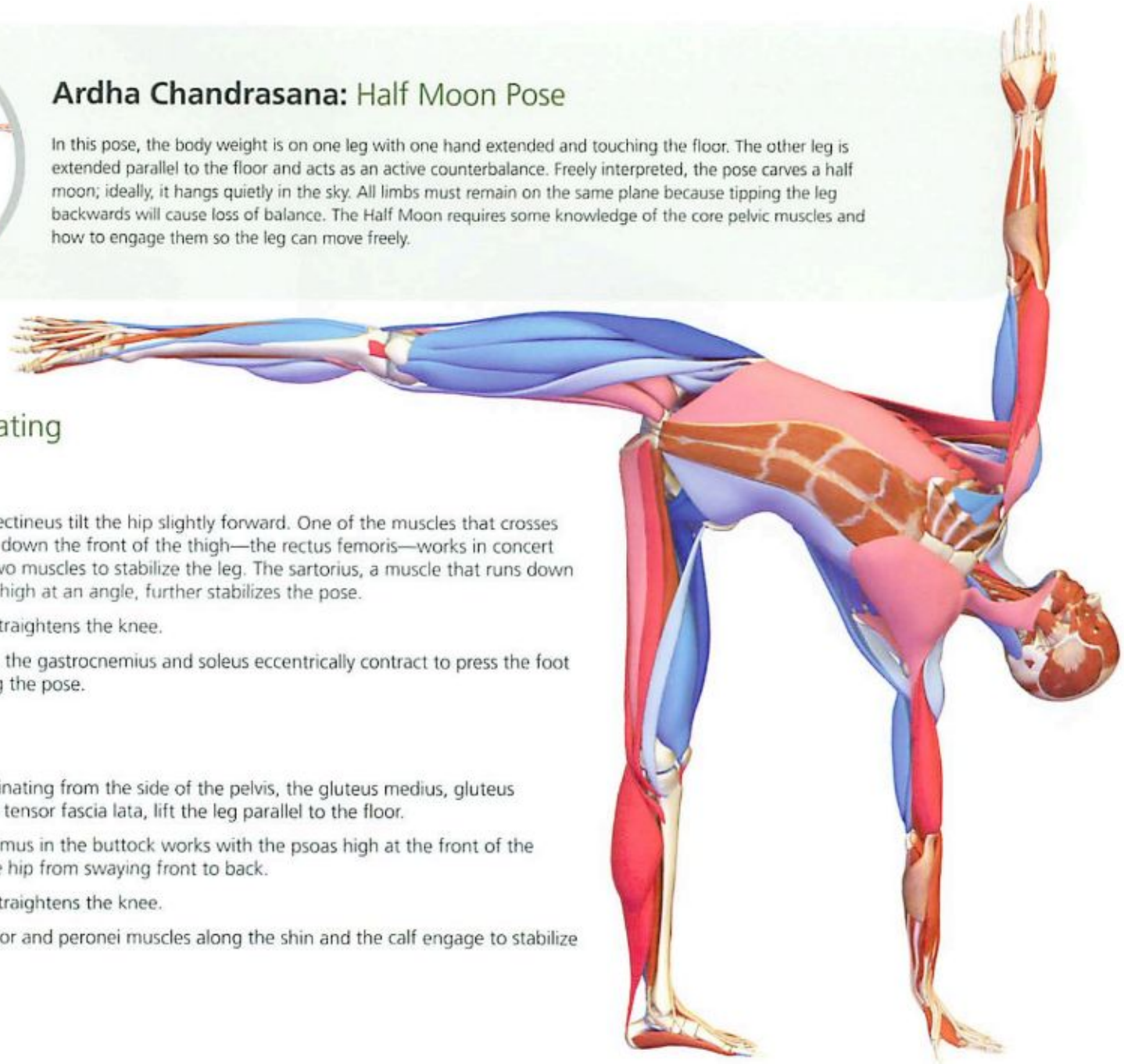




7. The back portion of the deltoid of the lower arm deepens the twist by extending the shoulder. This action presses the elbow onto the knee and opens the lower half of the chest.
8. The pectoralis major and biceps brachii of the upper arm work to deepen the twist by pressing the upper palm into the lower palm. This force is transmitted into the lower elbow at the knee, further leveraging the twist and opening the chest.
9. The superficial muscles that angle across the abdomen, the oblique abdominals, twist the trunk and spine.

Ardha Chandrasana: Half Moon Pose

In this pose, the body weight is on one leg with one hand extended and touching the floor. The other leg is extended parallel to the floor and acts as an active counterbalance. Freely interpreted, the pose carves a half moon; ideally, it hangs quietly in the sky. All limbs must remain on the same plane because tipping the leg backwards will cause loss of balance. The Half Moon requires some knowledge of the core pelvic muscles and how to engage them so the leg can move freely.



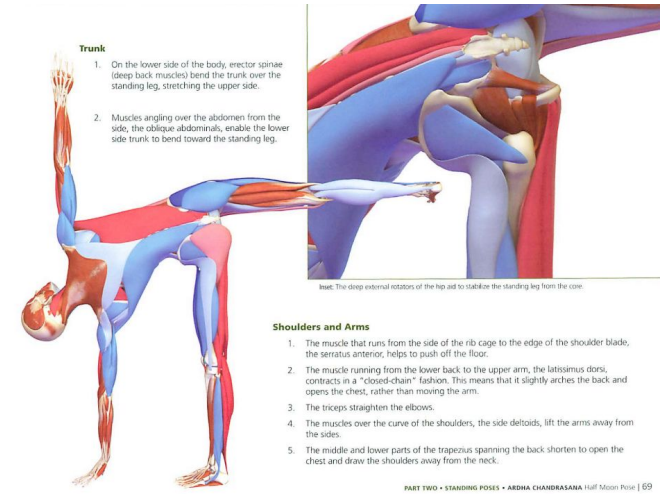
Synergizing/Activating

Standing Leg

1. The psoas and pectineus tilt the hip slightly forward. One of the muscles that crosses the hip and runs down the front of the thigh—the rectus femoris—works in concert with the other two muscles to stabilize the leg. The sartorius, a muscle that runs down the front of the thigh at an angle, further stabilizes the pose.
2. The quadriceps straightens the knee.
3. The calf muscles, the gastrocnemius and soleus eccentrically contract to press the foot down, grounding the pose.

Lifting Leg

1. The muscles originating from the side of the pelvis, the gluteus medius, gluteus minimus and the tensor fascia lata, lift the leg parallel to the floor.
2. The gluteus maximus in the buttock works with the psoas high at the front of the thigh to keep the hip from swaying front to back.
3. The quadriceps straightens the knee.
4. The tibialis anterior and peronei muscles along the shin and the calf engage to stabilize the foot.



Trunk

1. On the lower side of the body, erector spinae (deep back muscles) bend the trunk over the standing leg, stretching the upper side.
2. Muscles angling over the abdomen from the side, the oblique abdominals, enable the lower side trunk to bend toward the standing leg.

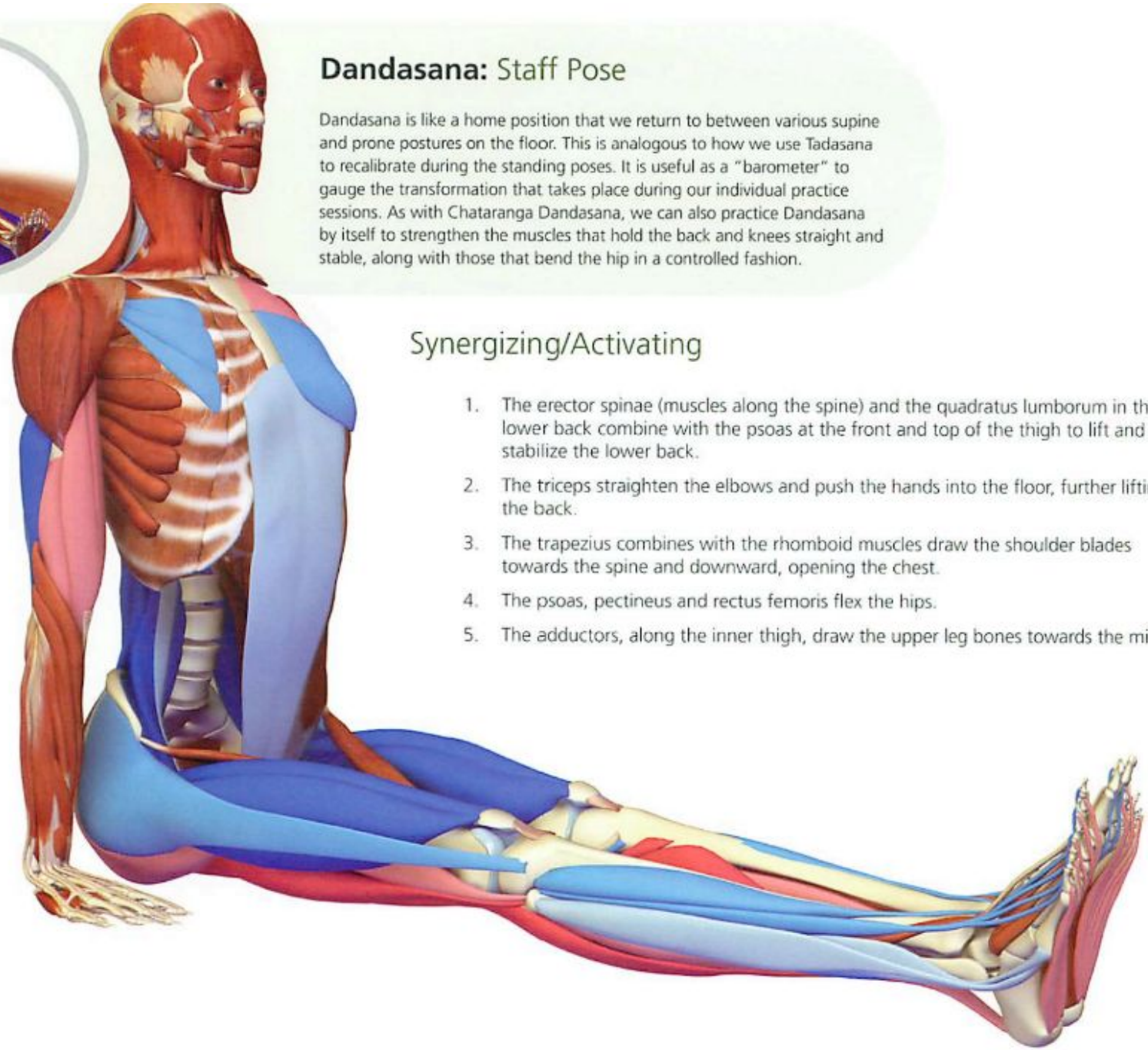
Inset: The deep external rotators of the hip aid to stabilize the standing leg from the core.

Shoulders and Arms

1. The muscle that runs from the side of the rib cage to the edge of the shoulder blade, the serratus anterior, helps to push off the floor.
2. The muscle running from the lower back to the upper arm, the latissimus dorsi, contracts in a "closed-chain" fashion. This means that it slightly arches the back and opens the chest, rather than moving the arm.
3. The triceps straighten the elbows.
4. The muscles over the curve of the shoulders, the side deltoids, lift the arms away from the sides.
5. The middle and lower parts of the trapezius spanning the back shorten to open the chest and draw the shoulders away from the neck.

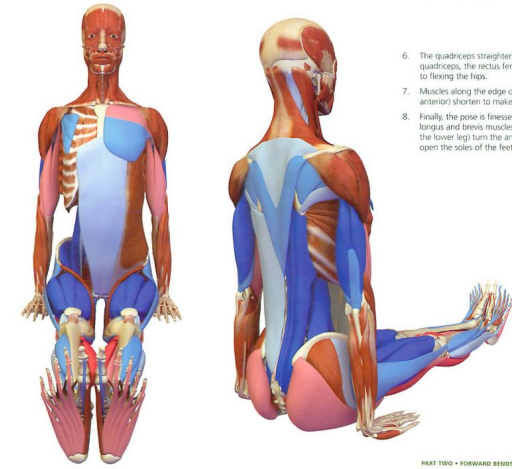
Dandasana: Staff Pose

Dandasana is like a home position that we return to between various supine and prone postures on the floor. This is analogous to how we use Tadasana to recalibrate during the standing poses. It is useful as a "barometer" to gauge the transformation that takes place during our individual practice sessions. As with Chataranga Dandasana, we can also practice Dandasana by itself to strengthen the muscles that hold the back and knees straight and stable, along with those that bend the hip in a controlled fashion.



Synergizing/Activating

1. The erector spinae (muscles along the spine) and the quadratus lumborum in the lower back combine with the psoas at the front and top of the thigh to lift and stabilize the lower back.
2. The triceps straighten the elbows and push the hands into the floor, further lifting the back.
3. The trapezius combines with the rhomboid muscles draw the shoulder blades towards the spine and downward, opening the chest.
4. The psoas, pectineus and rectus femoris flex the hips.
5. The adductors, along the inner thigh, draw the upper leg bones towards the midline.



6. The quadriceps straighten the knees. One of the quadriceps, the rectus femoris, also contributes to flexing the hips.
7. Muscles along the edge of the shins (tibialis anterior) shorten to make "right-angle ankles."
8. Finally, the pose is finessed as the peroneus longus and brevis muscles (along the outside of the lower leg) turn the ankles slightly outward to open the soles of the feet.