

Today's Live Session Agenda:

Welcome & Agenda Review

Invitation to Share Mindfulness Observations: Sleep & Rest

Discussion: Saucha (Purity/Clarity) & Following a Moral Compass

Group Share

Break (5 Min)

Lecture: Connection & Focus - Integration & Relaxation

Sequencing Workshop - Exploring a full sequence through the Integration & Relaxation Lens

Breakout Workshop - Planning a Full Sequence

Break (5 Min)

**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.

SAUCHA

Following Our Moral Compass

"PURITY"

"PURITY"

Social Definitions & Expectations

Clean, Neat, "Proper"

Modesty, Virginity, Demure

What harm might exist in these definitions?

Is there "pure" pressure placed on individuals in some societies?

Why is "Purity" rarely associated with nature, food, environment, truth, mindfulness, healthcare, work environment, intentions?

PURITY & CLARITY

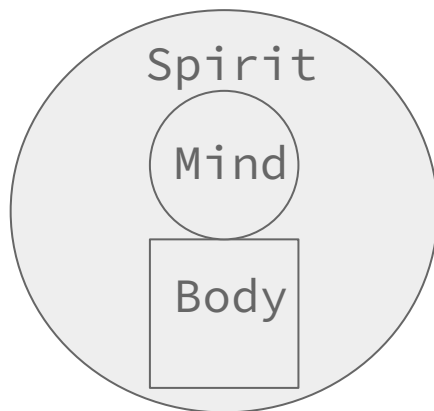
What shifts in perception/reaction to considerations of a practice in Clarity?

How might one navigate self care and their humanness when connecting to ideas of clarity rather than ideas of purity?

What potential societal impact(s) exist if clarity was applied in situations that often encompass a statement on purity?

PURE & ORGANIC

What might an organic self be?



Bare
Natural
Full Integration of Self
Clarity
Balanced
Free of Toxins/Toxicity
 *Allergies
Aligned w/Moral Compass

CONNECTING TO OUR "GUT INSTINCT"

Enteric Nervous System

Actions:

Why am I doing what I am doing?

What is the impact? (Self/Others)

- It is right for me in this moment.
- I may have hesitations, but I realize these are fear based.
- I do not want to do this, but I feel obligated.
- I do not feel right about this, but I am choosing to proceed.
- I am choosing not to do this.



CONNECTING TO OUR "GUT INSTINCT"

Speech/Conversation

Why am I joining this conversation/Sharing my words?

Are these words True?

Who's Truth?

Are these words Necessary?

To me? To others?

Are these words Kind?

To All?

BEFORE YOU SPEAK,
LET YOUR WORDS PASS THROUGH
THREE GATES:
AT THE FIRST GATE, ASK YOURSELF
"IS IT TRUE?"
AT THE SECOND GATE ASK,
"IS IT NECESSARY?"
AT THE THIRD GATE ASK,
"IS IT KIND?" ~ RUMI



(even in deep protest and advocacy work, our words can hold kindness)

SOCIAL JUSTICE SAUCHA

Visiting History - Clarity & Moral Compass

Suffragette Movement

Roe / Reproductive Rights

Jim Crow Laws

“Ugly” Laws

Mass Incarceration

Health Care Equality

LGBTQIA+ Rights



A Further Look:

White Frailty, Religious Bypassing/Scapegoating, Gaslighting, Gerrymandering

Can one rest when there's still work to be done?

COMPETENCY & SAUCHA

When we are in the process of learning, of incorporating new language, new action, new perspectives to our interactions with others, we may make mistakes. How we proceed matters.

Clarifying the clutter of Generational/Individual Traumas, Biases, Assumptions, Fears, Ignorances gives us resources to shift how we show up in the world with our intentions toward healing, knowledge, collaboration, & support.

Listening to our “Gut Instincts”- Particularly in moments where we are offended or think we have offended others provides additional insight to deepening our practice of Saucha.

Taking Offense VS Building Competency
(where is the true harm?)



PRACTICING SAUCHA

- Clearing Clutter (Internal & Physical Space)
- Deepening Relationship/Trust with self & “Gut Instincts”
- Continue Learning, Growing, Encouraging Curiosity
 - Consider Yamas & Kleshas
- Understand passions & their **sustainability** in life
 - Committed for the long haul?
 - Are there limits to actions?
 - What can be learned to gain competency for action?

BREAKOUT ROOM DISCUSSION

Take a few moments to review any notes you've taken or to sit with any thoughts, ideas, or emotions that may arise.

Consider sharing:

- What stands out to you and perhaps alerts your own moral compass or personal views on purity/clarity? What (if anything) would you like to explore further? What (if anything) are you avoiding?
- How might you introduce/integrate this Niyama in your own practice or facilitation?

Integration & Relaxation: Summary

The *Integration and Relaxation* phase is the **essential closing arc** of a trauma-informed yoga practice. It provides space for the nervous system to regulate, the body to rest, and the mind to process and absorb the full benefits of the session. This phase is not passive—it's an active form of restoration, emotional integration, and embodied presence. Longer stillness and fewer verbal cues encourage quiet reflection, self-awareness, and a deep sense of inner connection.

This is where the practice lands, and where participants are gently supported into a state of wholeness, safety, and ease.

Core Purpose

- **Facilitates recovery**—physical, emotional, and mental
- **Supports nervous system regulation** through rest and stillness
- Encourages **deep presence and reflection**
- Reinforces the benefits of the practice *beyond the mat*

Key Practices

- Restorative postures that allow the body to **settle and release**
- Emphasis on **stillness and gentle movement**
- Breath as a tool for **grounding and integration**
- Practices may include:
 - **Yoga Nidra**
 - **Guided body scans**
 - **Silent or minimally cued resting postures**

Facilitation Tips

- Encourage a sense of **clarity and openness**—linked to *Saucha* (purity)
- **Minimize verbal cues** to allow for quiet internal focus
- Always offer **alternatives to traditional Savasana** (e.g. side-lying, seated, supported)
- Normalize a wide range of emotional responses—tears, restlessness, peace, numbness—all are valid



Integration & Relaxation

Suggested Movements & Breath Practices

Seated Spinal Movements

(e.g., gentle twists, flexion, extension)

- Release residual spinal tension
- Support breath awareness and structural balance
- Offer gentle closure before rest

Seated Exploratory Stretches

(e.g., side bends, forward folds)

- Slow, curious engagement with sensation
- Supports grounding and emotional settling
- Reinforces non-striving and self-care

Supine Twists

- Calm the nervous system
- Loosen hips and lower back tension
- Encourage breath-body connection

Supine Full-Body Stretches

- Create a sense of spaciousness
- Final muscular release
- Signal closure and readiness for rest

Final Relaxation (Savasana or Supported Pose)

- Stillness for deep **integration and absorption**
- Time for emotional processing and nervous system downregulation
- Encourages trust, surrender, and self-connection

Integration & Relaxation:

Key Themes to Emphasize

- **Rest is not optional—it is vital.**
- **Stillness can be vulnerable**—create safety through choice and support.
- **Integration is a slow unfolding**, not a task to complete.
- This phase embodies the heart of trauma-informed practice: **agency, permission, presence, and care.**

Sequence for Hips and Shoulder Mobility



Summary:

This dynamic yoga sequence integrates gentle, intentional movements with mindful breathing, focusing on enhancing mobility in the hips and shoulders while cultivating full-body awareness and relaxation.

- 1. Full-Body Stretch:** Inhale your fullest breath and exhale fully as you reach your arms overhead, stretching your entire body from fingertips to toes. Move slowly and dynamically as you stretch each limb as far as it is comfortable for you. Take 5–10 breaths to move and stretch.
- 2. Limb Shaking:** Shake out your arms, legs, and shoulders while releasing short exhales. Release any tension with loose, fluid movements.
- 3. Hip Rotations:** Place your hands on your hips and circle them in both directions. Keep your movements and breathing slow and intentional.
- 4. Arm Circles with Torso Twist:** Circle your arms forward and backward, then gently twist your torso side to side with your arms relaxed.
- 5. Leg Swings:** Hold onto a stable surface or balance unsupported and swing one leg forward and backward. Begin with small movements and explore your range of motion in each direction 5–10 times. Switch sides.
- 6. Chair Step Back to Lunge:** From Chair Pose, step one foot back into a low lunge. Keep your front knee aligned over your ankle. Repeat 3–5 times and switch sides.
- 7. Table Pose:** Come onto your hands and knees. Align your wrists under your shoulders and knees under your hips.
- 8. Resting Pose:** Lower into Child's Pose or rest in a seated position. Take slow, steady breaths.
- 9. Hip Flexor Stretch to Downward-Facing Dog:** From Resting Pose, hinge body forward to Kneeling Plank, dropping the hips toward the floor. From here, transition into Downward-Facing Dog, lifting your hips upward. Move between these two postures 3–5 times. *Resting Pose is an alternative option to Downward-Facing Dog.
- 10. Locust Pose:** Lie on your belly and pause for 3–5 breaths. When ready, inhale and lift your chest, arms, and legs slightly off the floor. Keep your gaze down and neck long. Hold for one inhale and one exhale. Repeat 3–5 times.
- 11. Crocodile Pose:** Lie flat on your belly with your forehead resting on your hands. Relax your entire body.
- 12. Pigeon Pose:** Bring one knee forward and extend the opposite leg behind you. Lower your upper body toward the floor.
- 13. Resting Pose:** Return to Child's Pose or rest in a comfortable seated position.
- 14. Seated Transition for Boat Pose:** Come to a seated position, lean back slightly, and lift your feet off the floor. Balance on your sit bones with a long spine. Bring awareness to your active muscles as you breathe. Hold 3–5 breaths.
- 15. Reverse Tabletop or Reverse Plank:** Place your hands behind you and lift your hips, forming a straight line from shoulders to knees or toes.
- 16. Seated Side Bend:** Sit tall and extend one arm overhead. Lean gently to the opposite side, keeping your chest open. Take 3–5 breaths as you stretch to one side. Switch sides.
- 17. Seated Forward Fold:** Extend or cross your legs and hinge from your hips, reaching forward. Breathe as slowly as is comfortable, releasing tension in the body with each exhale. Notice if the stretch changes as you relax and breathe.
- 18. Supine Figure Four:** Lie on your back, cross one ankle over the opposite knee, and gently pull the supporting leg toward your chest. Continue to bring awareness to your breath and to any tension still held within your body. Relax your neck, hips, and shoulders. Switch sides.
- 19. Supine Spinal Twist:** Drop your knees to one side, extending your arms wide. Keep your shoulders grounded. Continue breath awareness and release of body tension. Switch sides.
- 20. Relaxation Pose:** Lie on your back with your arms relaxed at your sides. Close your eyes and allow your body to fully release tension.