

Welcome & Agenda Review

Mindfulness Share- Observations of Elements

Program Update, Timeline of Remaining Weeks, & Final Project/Final Sequence Description and Schedule

Discussion: Santosha(Contentment)

Break (5 Minutes)

Movement Discussion: Navigating the Facilitation Workbook

Breakout Room Workshop: Guiding a Trauma-Informed Sequence

Group Discussion

Session Closing & Weekly Mindfulness 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.

Program Check-In & Schedule Going Forward

Remaining Thursday Sessions

- 9/25-10/30 (Next 6 Weeks)
 - Continue Yoga Philosophy Discussions
 - Increase Practical Break-Out Session
 - Team Sequence Creation & Sharing w/Feedback
- 11/6 Q&A, Review & Facilitation Workshops

October 20- November 12 - Practical Sequence Offering

- Prepare 25-40 Minute Final Practice
- Can share live or prepare recording to share during 70 minute appointment
- Feedback will follow either live offering or shared recording

Thursday November 13th - Graduation Ceremony



Preparing to Complete the YTT Training

Complete Reflections in Online Learning Modules

- Submit Reflections for all 13 Learning Modules
- Module 14- Final Reflection Project
 - Can be shared in any medium (written, artwork, song, vision board, etc)
 - Alternate/Bonus Community Based Project
 - Share how you are incorporating TIY in your community



Prepare and Share Final Sequence (October 20-November 12)

- Includes greeting and clearly defines the participants the sequencing is structured to serve
- Demonstrates Trauma-Informed and Mindfulness-Based sequencing and offers a clear pattern of Energetic Awareness, Range of Motion, Centering/Somatics, Strength & Resilience, Connection & Focus, and Integration & Relaxation
- Offers invitational cueing and demonstrates accessible variations of postures
- Demonstrates and offers at least one breathing practice
- Offers clear, anatomical cues to guide participants through the practice before offering posture names
- Speaks clearly and allows time for participants to explore postures and transitions
- Demonstrates the use of props
- Offers class within 25-40 minute timeframe
 - Optional Additions: Theme/Intention, Closing Breathwork

Thursday November 13th - Graduation Ceremony

- ALL are welcome to join the graduation celebration regardless of completing the program by 11/13. If you are interested in discussing options for extension, please schedule office hours.

Santosha

Finding Contentment in a Discontented World



Santosha

- Santosha means *contentment* and *lack of desire for any thing that one does not have*. It invites satisfaction with things that one already has. It not only applies to things but also to situations, qualities, and the like.
- Santosha offers us awareness of the present and what actions/reactions may be best suited for us in these moments.
- Santosha allows space for natural evolution, our individual cycles of learning and growing, as we continue our yoga practices.
- The word Santosha is the combination of two Sanskrit words: 'San/m' meaning "completely" and 'tosha' meaning "contentment". It denotes "absolute contentment."
- Satisfaction, gratitude, and happiness are the three important aspects of Santosha. STEADINESS & EASE

● Reference: Classicyoga.co.in



Trust in Self

Gratitude for Self

- What thoughts or embodied sensations occur when considering these?

Trust in Self

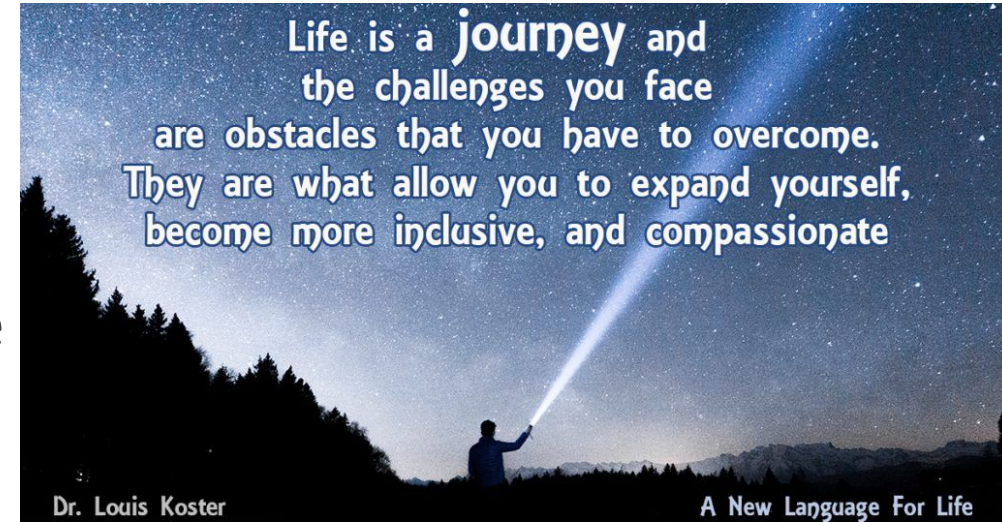
Gratitude for Self

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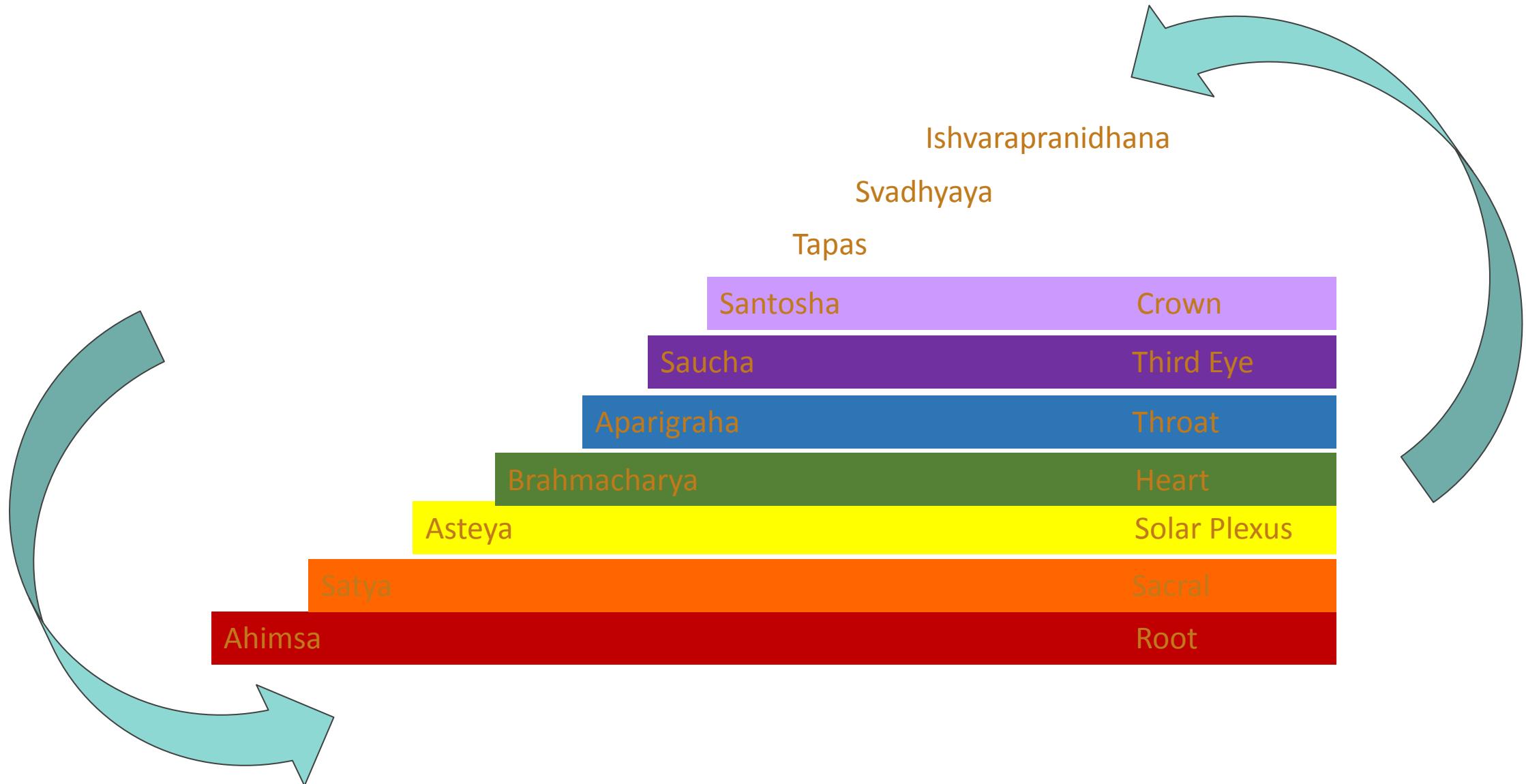
By taking the time to understand your personal needs & boundaries and how you can most authentically support yourself you are not only being an active participant in your life journey, but you are deepening a knowledge of self-care to share with those you love, care for, & hope to serve.

Obstacles to Contentment

- Harm, lack of safe spaces
- Inability to connect with, speak, or live within one's truth
- Lack of opportunity, lack of access to resources
- Addiction/Unbalance/Excess
- Feelings of “stuckness”, inability to release words, settle frustrations, or to find resolution
- Being compromised in moral principles
- Distrust, suspicion
- Lack of focus, determination, or enthusiasm
- Feeling “lost”, overwhelmed, misguided
- Disconnection from self, community, nature
- “No Justice. No Peace.”

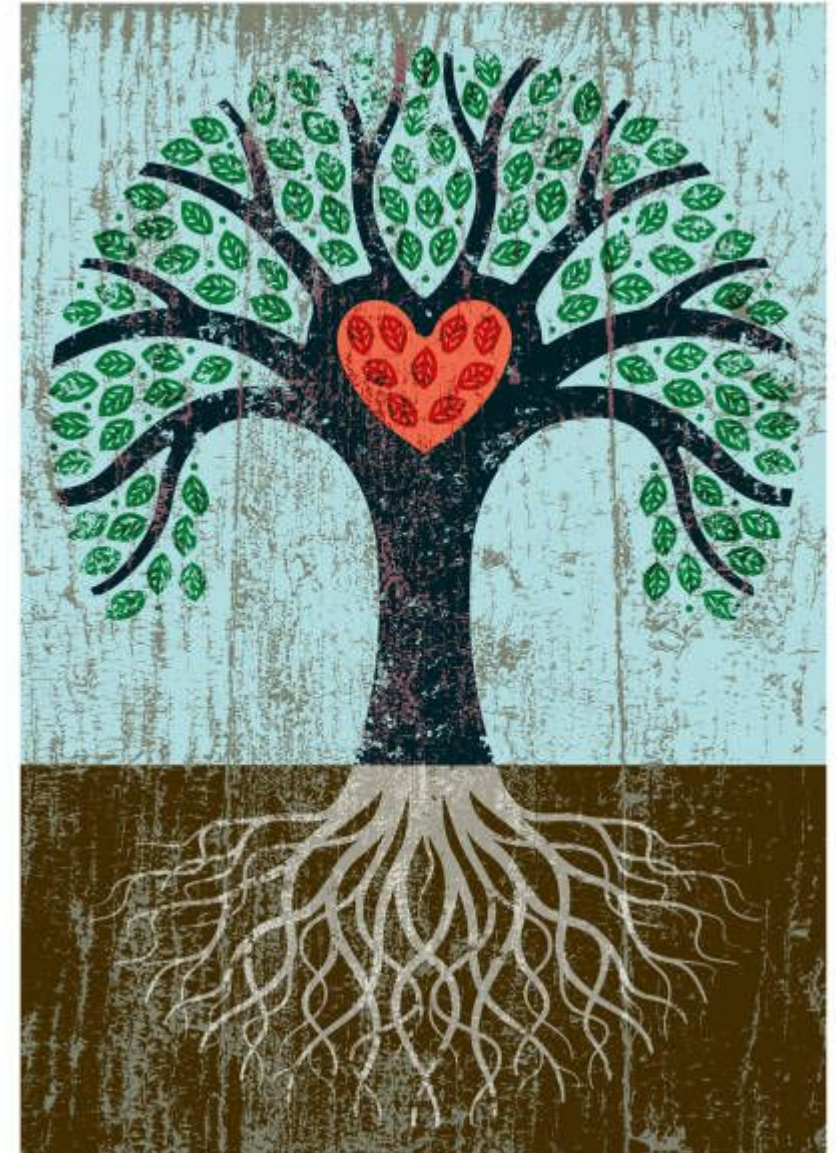


Yamas & Niyamas, Chakras, & Contentment



How does Yoga Support Contentment?

- Guiding perspectives of self
 - Accessing personal needs, voice, passions
 - Understanding personal history
 - Guide for unique healing needs
- Deepening personal connection
 - Building awareness of the unique needs of one's nervous system (ANS/(P)SNS/ENS)
 - Building awareness of the unique needs of one's body & mind
 - Building awareness of the unique needs of one's spiritual supports



How does Yoga Support Contentment?

- Aligning Skill in Action

Considering the Lessons of the Bhagavad Gita

- Human Dilemma
- Action vs Inaction
- Perceptions & Intentions



Identifying Sustainable Support for Contentment

What can I *REALISTICALLY* do at this time in my life?

What might Support look like? For “me”/From “me”

What do I Stand For?

What do I purchase?

What is the sourcing of the products? What Can I learn?

Where do I/am I able to shop? What is my relationship with consumerism?

What does my entertainment/input look like?

What do I watch/observe? Am I aligned with the messaging?

What is the message/diversity of the products advertised?

What is my waste?

How do I dispose/repurpose/recycle/upcycle?

What, if anything, do I want to contribute to community?

What is sustainable? Life Balance? Skill in Action



A wooden block pyramid spelling 'TIME FOR A BREAK!' is the central focus. The blocks are light-colored wood with black lettering. The pyramid is arranged in three rows: the top row has four blocks spelling 'TIME', the middle row has four blocks spelling 'FOR A', and the bottom row has six blocks spelling 'BREAK!'. In the background, a round alarm clock with a white face and black numbers is visible, slightly out of focus. The clock's hands are positioned around 10:10. The overall scene is set on a dark, reflective surface, and the lighting is warm and soft.

TIME
FOR A
BREAK!

Breakout Workshop

Creating a Full Sequence - Team Workshops 30 Minutes to plan 10 Minute Sequence

Groups 1, 3, 5

Create ½ Practice with:

- 1-9

Groups 2, 4, 6

Create ½ Practice with:

- 9-18

After 1st 30 Minutes, Groups Join Together to Share Full Sequence

Breakout #2 (45 Minutes)

- Group 1,3,5 Share the 10 minute Mini Sequence with Group 2,4,6
 - Following the sequence, all participants pause for 1-2 minutes to note any feedback/reactions (no conversation at this time)
- Group 2,4,6 Share 10 minute Mini Sequence with Group 1,3,5
 - Following the sequence, all participants pause for 1-2 minutes to note any feedback/reactions
- Share Feedback/Reactions to Facilitating shared within small group
- Return to Main Session
- Share insights from experience

Considerations for Planning & Feedback

- Did the practice offered feel accessible to you?
 - How did you find the pace?
 - Cues
 - Movement offered
- Was the language/cueing invitational & trauma-informed?
 - Did you feel you had choice during the practice?
 - Did you feel welcome and included?