

Today's Live Session Agenda:

Welcome & Agenda Review

Movement Practice - Chair Supported Practice

Breakout Group Workshop Part 1 - Co-Creating a Chair Supported Trauma-Informed Sequence

Break (5 Minutes)

Breakout Group Workshop Part 2 - Guiding a Chair Supported Trauma-Informed Sequence

Group Discussion

Session Closing & Weekly Assignment Offering

Break (5 Minutes)

Discussion: Tapas (Self-Discipline)

Group Discussion

Closing & Mindfulness Invitation

****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.

Today's Practice - Facilitation Workbook

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Breakout Workshop

Co-Creating a Full Sequence - Team Workshops

Groups 1, 3, 5 (30 Minutes)

Create a 10-15 minute ½ Practice with:

- Postures 1-11

Groups 2, 4, 6 (30 Minutes)

Create a 10-15 minute ½ Practice with:

- Postures 11-19

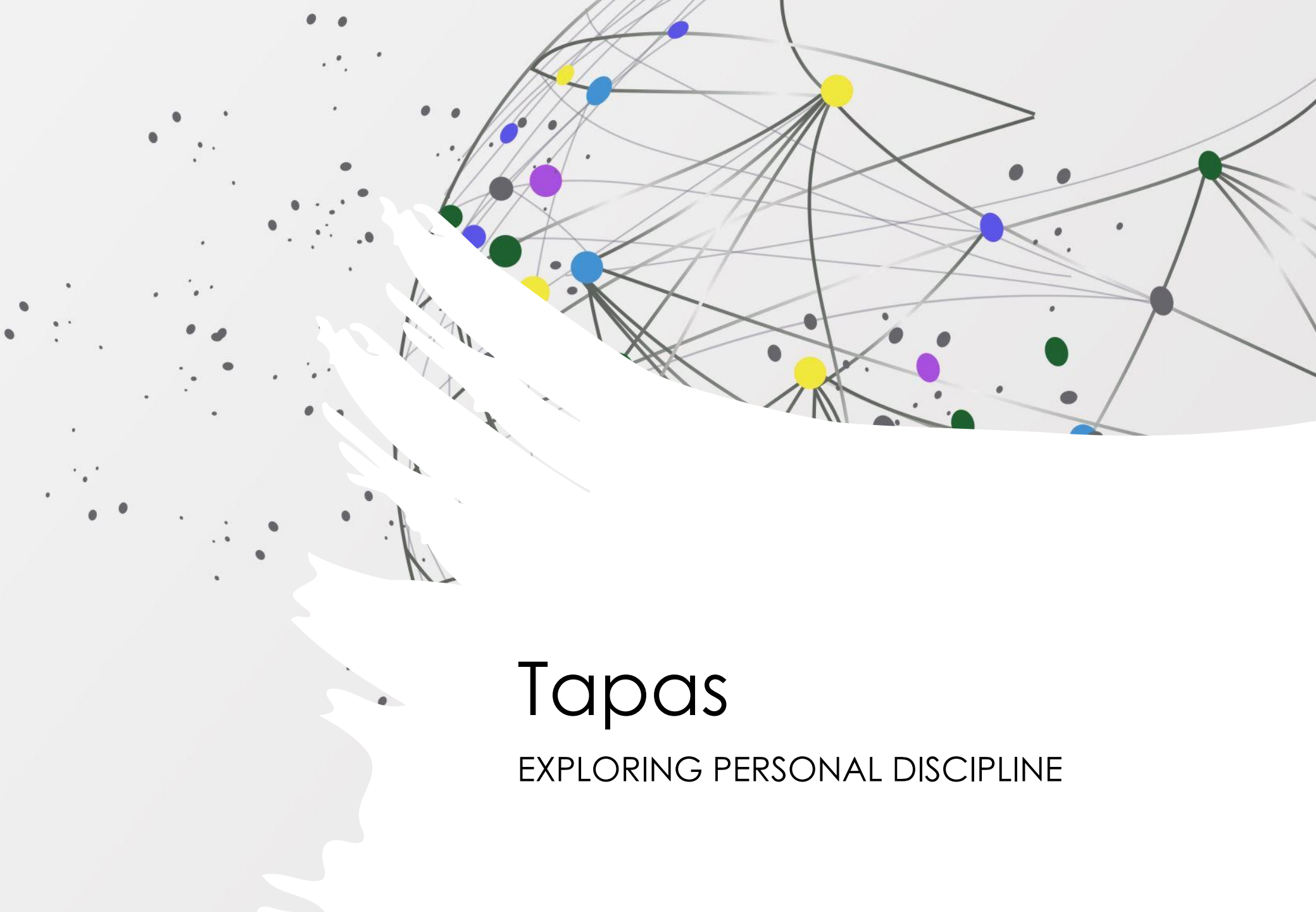
After 1st 30 Minutes, Groups Join Together to Share Full Sequence

Breakout #2 (45 Minutes)

- Group 1,3,5 Share their ½ 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 their ½ Sequence with Group 1,3,5
 - Following the sequence, all participants pause for 1-2 minutes to note any feedback/reactions)
- Feedback/Reactions to Facilitating shared within small group
- Return to Main Session
- Share insights from experience

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TIME FOR A BREAK!



Tapas

EXPLORING PERSONAL DISCIPLINE

Defining Discipline & Self Discipline

Youth
Experiences

Self
Expectations

Embodied
Reactions

Disciplining
Vs Being
Disciplined

Cultural
Expectations

Societal
Perceptions



**What if Self-Discipline...
meant**

Sustainable Self Care

...and Self Forgiveness?

The Phoenix Analogy



Burning Down Past Ideals, Images, Expectations

- What belongs & Serves you in your life and what harm or residue of harm remains?
- Ahimsa, Satya, Asteya, Bramacharya, Aparigraha
- Fear, Ignorance, Aversion, Attachment, Ego

Redefining Ideals, Images, Expectations

- Relationship with Self
- Who are you?
- How are you who you are?

Considering Yamas & Kleshas

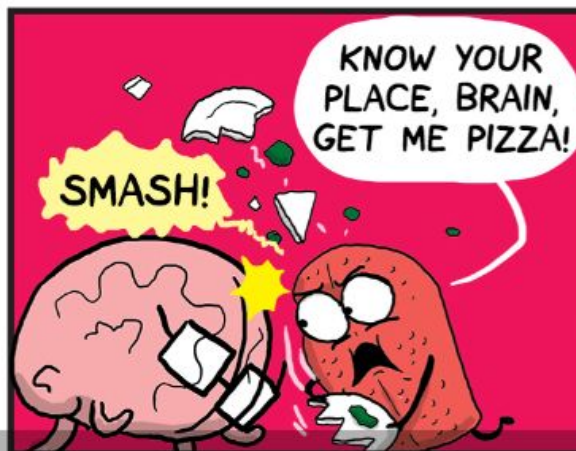
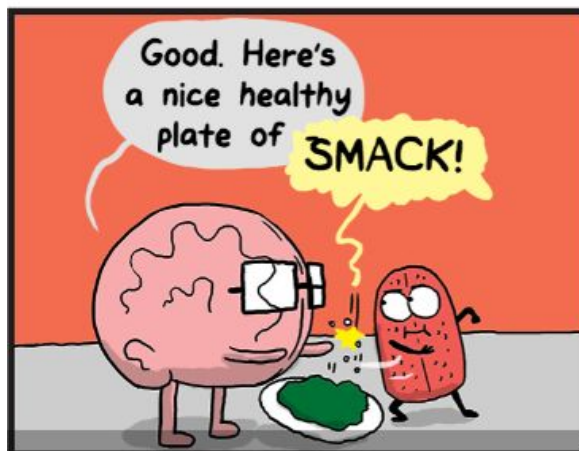
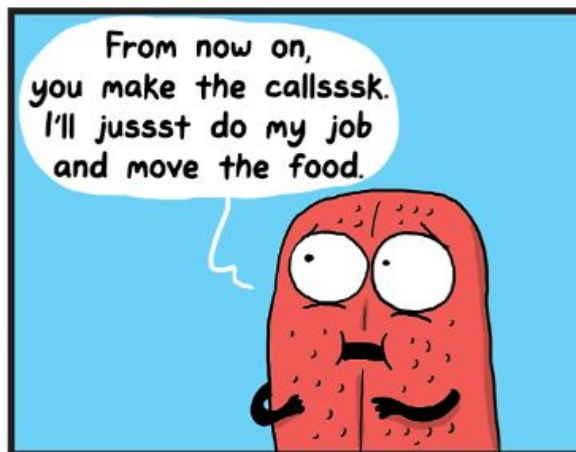
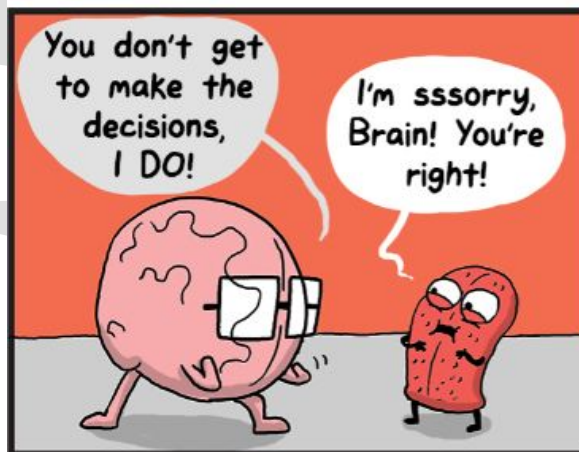
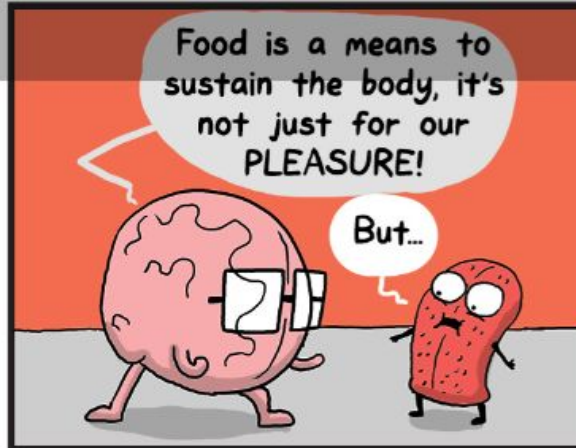
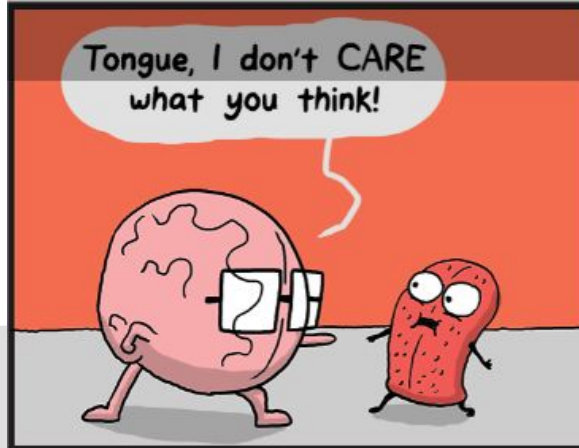
Check-in, Re-Evaluate

- Fuel for the Fire
(presence, passion, connection to self)
- Rest & Reset

Discipline as Self-Compassion/Support can look like...

- I am able/willing to...
 - do/not do, say/not say, stay/go, learn/share/collaborate, rest/act/plan
- I choose what is sustainable for me at this time...
 - self-care, relationships, work, activities, projects, support
- I continue to evaluate what is sustainable for me
- I consider my intentions behind my decisions
 - thoughts, words, actions
- I support my continued learning of what I need and how I can sustain





Building Your Tapas Team

How do you commit to self-support?

Who nourishes/replenishes/supports you?

Who do you nourish/replenish/support?

What ideals/images/expectations cause more harm than benefit?

How can you redefine these ideals/images/expectations to better serve and support your path?

Willingness to evolve & learn

Humility & Humanity (are self care tool!)

