



## **Today's Live Session Agenda:**

Welcome, Agenda Review - Mindfulness Share- Revisiting Life Balance

Demonstration - [Trauma-Informed Practice](#) Page 78

Discussion: Ishvara Pranidhana (Surrender)

**Break (5 Minutes)**

Group Workshop: Creating a Full Sequence

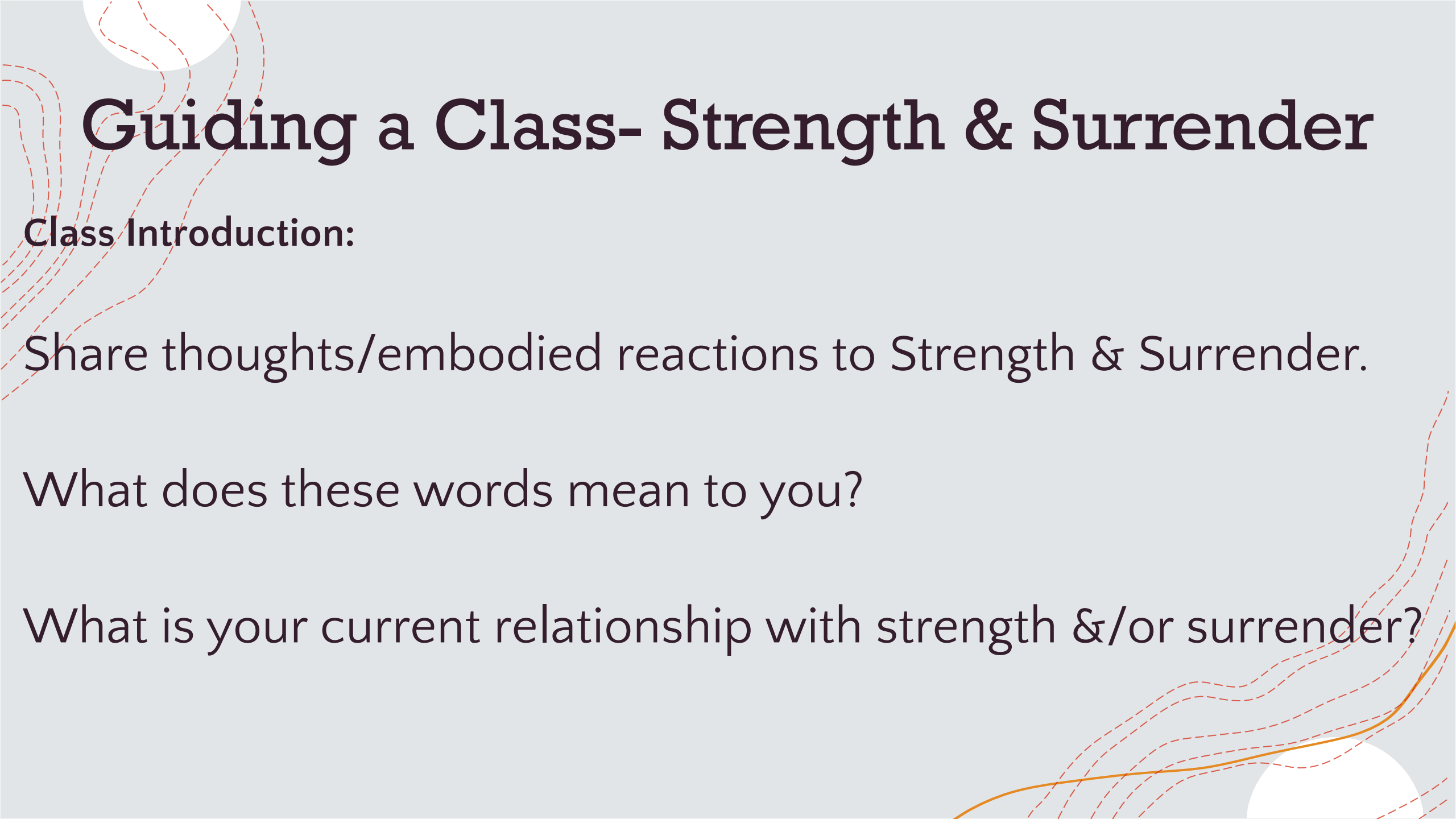
**Break (5 Minutes)**

Breakout Group Workshop - Sharing a Full Sequence

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.*



# Guiding a Class- Strength & Surrender

## Class Introduction:

Share thoughts/embodied reactions to Strength & Surrender.

What does these words mean to you?

What is your current relationship with strength &/or surrender?

# Guiding a Class- Strength & Surrender

**Sustainability & Self Care**

**Truth**

**Reliability & Resourcing**

**Evolution**

**Nurture/Nourish**

**Gratitude**

**Trust**

**Health/Healing**

Invitation to Connect with “Today’s”:

- Embodied Energy & Range of Motion

Encourage Additional Pauses

- Rest
- Noticing
- Focus/Refocus

## Practice: Page 78





# Ishvara Pranidhana

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Defining Surrender on the Healing Path

# Thoughts of Surrender

- + How do you define Surrender?
- + What thoughts or embodied sensations arise as you consider Surrender?
- + What emotions connect to ideas of Surrender?
- + What experiences might influence your perspective?

# Supporting Continued Self-Study

- + What might “surrender to self” look like?
- + What connections can be made from the Bhagavad Gita? Have you experienced a personal battlefield?
- + Can I accept Me exactly as I am?
  - + What is aligned?
  - + What causes discomfort/disconnection?
  - + What can I observe to guide me to myself/continue to build relationship?
    - + A Day in the Life
      - + What Stirs? What Sticks? What Shuts Down?
  - + What can Asana & Pranayama teach me?
    - + How much of my practice is about me? What am I learning/unlearning?



# Acceptance, Trust, & Gratitude... a consideration for Surrender

## + Relationship with Self

- + Non-Harm, Truth, Non-Stealing, Non-Excess, Letting Go
- + Clarity, Contentment, Discipline, Self-Study
- + Breath (natural & connected), Pause
- + Range of Motion (physical & mental)
- + Consider, Prepare, Reflect
- + Connect with the Present

## + Relationship with Others

- + Non-Harm, Truth, Non-Stealing, Non-Excess, Letting Go
- + Purity, Contentment, Discipline, Self-Study
- + Breath (notice natural & supported), Pause
- + Range of Motion – Boundaries & Barriers (physical & mental)
- + Consider, Prepare, Reflect
- + Connect with the Present

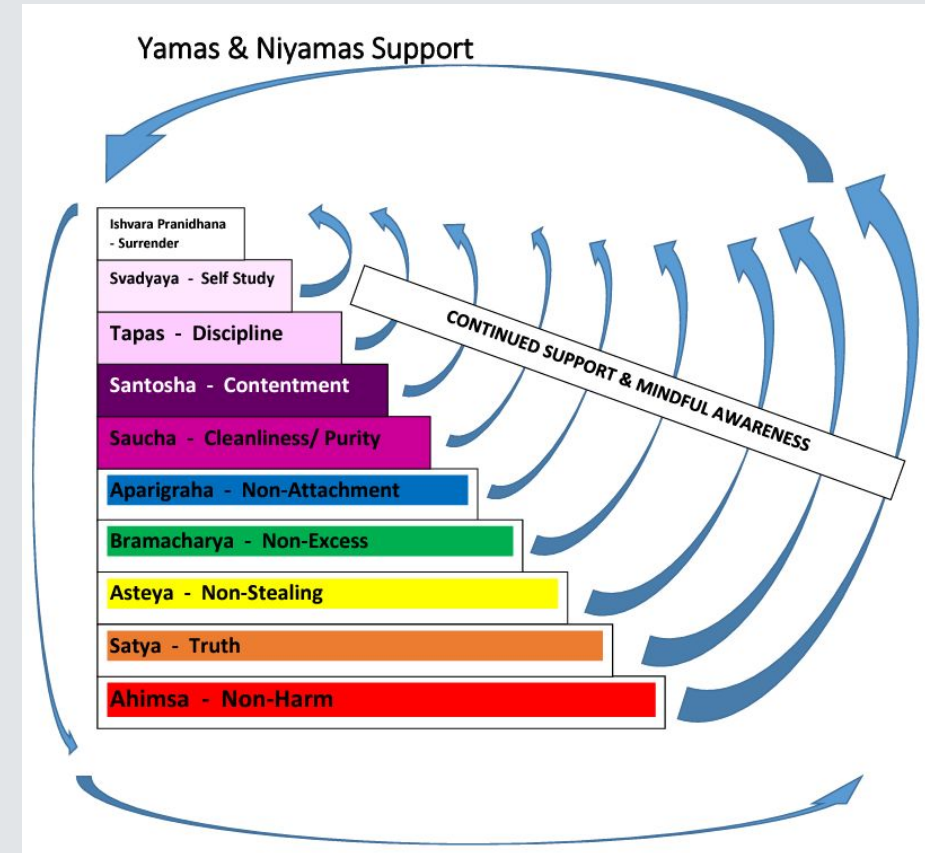




# Steadiness & Ease

## + How 8 Limbs of Yoga Support

- + Yamas
  - + Niyamas
  - + Pranayama
  - + Asana
  - + Pratyahara, Dharana, Dhyana
- ## + Yoga = Steadiness & Ease on the Mat
- + Safety & Foundation – Where do I feel secure?
  - + Openness & Awakening – What am I curious/have space to explore?



# Embodied Awareness

- + Memories, Experiences, & Activations
  - + What is there to notice & learn?
- + Connecting to the Senses
  - + See, Touch, Taste, Hear, Smell
- + Steadiness & Ease
  - + Safety & Foundation – How we Respond to the World
  - + Openness & Awakening – Occurs after Safety Established

