

Today's Live Session Agenda

- Welcome & Overview
- Mindfulness Share: Observations of Health and Well-Being
- Movement Demonstration
- Discussion: Samadhi (Bliss) – the Eighth Limb of Yoga
- Breakout Discussion
- Break (5 minutes)
- Breakout Workshops:
 - Sharing, discussing, or brainstorming final movement practices
 - I'll be visiting breakout rooms to offer support and feedback
- Group Discussion: Ideas & Topics for Remaining Sessions
- Closing Reflections & Mindfulness Opportunity

Samadhi

Considerations of Bliss





The Journey to Samadhi – Bliss as Belonging

Samadhi – The Eighth Limb of Yoga

Bliss | Connection | Belonging

We arrive at **Samadhi**—the culmination of our practice, often translated as *bliss*, but not the fleeting euphoria we might imagine.

It's the deep, grounded sense of **connection**—to ourselves, to others, to the Earth, and to all of existence

It is belonging. It is **safety**. It is moments.

When we are at ease in our minds, at home in our bodies, and at peace in our place within this universe (*even for a brief moment*)—this is Samadhi.

The Path That Leads Us Here

The Foundations of Bliss: The Yamas and Niyamas

Ahimsa – Non-harm

Satya – Truth

Asteya – Non-stealing

Brahmacharya – Non-excess

Aparigraha – Non-attachment

Saucha – Clarity

Santosha – Contentment / Regulation

Tapas – Discipline

Svadhyaya – Self-study

Ishvara Pranidhana – Surrender



We come to Samadhi through the living practice of yoga—through the stages and steps that shape how we think, act, and relate. Each Yama and Niyama brings us closer to harmony:

- When we reduce harm (*Ahimsa*), we make space for safety.
- When we tell the truth (*Satya*), we uncover what's real beneath illusion.
- When we practice *Aparigraha* (non-attachment), we learn presence—living fully in the now.

Through clarity (*Saucha*), contentment (*Santosha*), and surrender (*Ishvara Pranidhana*), we cultivate the inner soil where bliss can take root. These lenses also support us to explore fears, ignorances, attachments, aversions, and ego

The Practice Body – Asana and Pranayama

Movement and Breath Prepare the Body for Stillness

Our physical practice—**Asana**—teaches us how to inhabit our bodies with awareness and steadiness.

Through **Pranayama**, the conscious regulation of breath, we refine energy and presence.

The body becomes a tool of awareness, not control.

Each posture, each inhale and exhale, becomes a gesture toward balance—a preparation for inner quiet.



Turning Inward – The Three Stages of Meditation

Pratyahara – Withdrawal of the Senses

Dharana – Focused Concentration

Dhyana – Meditation / Flowing Awareness

The meditative limbs of yoga guide us inward:

- **Pratyahara** invites us to withdraw from external noise, smell, etc. , to limit distraction.
- **Dharana** is single-pointed focus—the steadying of the mind on one thought, object, or intention.
- **Dhyana** is meditation, where focus softens into flow.

Together, these practices shape the inner conditions that allow us to experience Samadhi—moments where separation dissolves, and awareness simply *is*.



Samadhi – The Union Beyond Doing



Bliss is Not Escape. It's Presence.
Safety • Connection • Belonging

Samadhi is not a destination; it's a realization.

It happens when we can rest in awareness without grasping—when body, mind, and breath align in peace.

This is not about rising above life, but being fully *in* it—awake, open, and connected. It is the embodied experience of love, clarity, and gratitude.

Living Yoga – The Practice of Everyday Bliss

Yoga is not about perfection—it's about returning.

Return to the body.

Return to breath.

Return to connection.



Samadhi reminds us that bliss is not something we achieve; it's something we remember. It lives in the small, authentic moments—when we pause, soften, and see one another clearly. Through every breath, every posture, every act of kindness or clarity, we move closer to unity. This is the work—and the gift—of yoga.