

# Agenda

YTT WEEK 5



## First 90 Minutes

- Welcome & Agenda Review - Mindfulness Share- What insights into facilitation stirred noticing personal activations?
- Discussion: Ahimsa & Exploring Assumptions and Biases
- Breakout Discussion (Main Space Volunteer Invitation)
- Break (5 Minutes)



## Next 60 Minutes

- Movement Practice: Range of Motion
- Breakout Room Discussion
- Break (5 Minutes)



## Final Hour

- Discussion: Yoga Sutras
- Break Out Discussion (if time allows)
- Group Discussion
- Session Closing & Weekly Assignment Offering

\*Optional After class 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.

# Ahimsa Considering Non-Harm

## **Content Note\***

**Today's discussion will speak to the Yama of Ahimsa(Non-Harm). The discussion will explore philosophies of human suffering and will invite personal reflection on this topic.**

**Please proceed with care to self and pause as needed.**

## The Cause of Suffering: The Great Mistake

*We need suffering in order to see the path. The origin of suffering, the cessation of suffering and the path leading to the end of suffering are all found in the heart of suffering. If we are afraid to touch our suffering, we will not be able to realize the path of peace, joy and liberation. Don't run away. Make peace with it. The Buddha said:*

*“The moment you know how your suffering came to be, you are already on the path of release from it. —Thich Nhat Hanh*

“Wrong knowledge. Obsessive desire. Anger” - the Buddha's insight to the sources of unhappiness

The Four Noble Truths of Buddhism are embodied within the *Yoga Sutras*

1. The First Noble Truth is the inevitability of suffering; suffering is baked into the human condition.
2. The Second Noble Truth is the origin of suffering. The direct causes of suffering are attachment, aversion, and ignorance. These are often referred to as the three poisons of the mind. In the *Yoga Sutras*, the root causes of suffering are the *kleshas* (obstacles).  
*Yoga Sutra 2.3: “Ignorance, egoism, attachment, hatred(aversion) and clinging to bodily life(fear) are the five obstacles.”*
3. The Third Noble Truth is the cessation of suffering by refraining from doing things that make us suffer. In *Yoga Sutra 2.16*, Patanjali says: “Pain that has not yet come is avoidable.” There is a way out of suffering.
4. The Fourth Noble truth is the path that leads us out of suffering. The Noble Eightfold Path is Right Views, Thinking, Speech, Action, Livelihood, Diligence, Mindfulness, and Concentration. This is similar to the eight limbs of Yoga.

# Identifying Harm vs Ahimsa - Self, Generationally, & in Community

What are your experiences?

ACES+

What remained from prior generations?

What no longer has impact?

How/Why are experiences different for you?

How/Why are they similar?

HOW DO THESE EXPERIENCE IMPACT YOU AND YOUR HUMANNESS?

Do you feel/think healing has occurred through any generations?

Do you feel/think harms have evolved/increased/changed through any generations?

ARE THERE DIFFERENCES PERSPECTIVE?

Empathy & Compassion- What have others experienced? What Perspectives, Assumptions, Judgments, & Biases are possibilities in how human interact with one another?





# Ahimsa & Perception

## The Mirror Consideration

Consider Topic of Suffering:

What perspective are  
decisions made from?

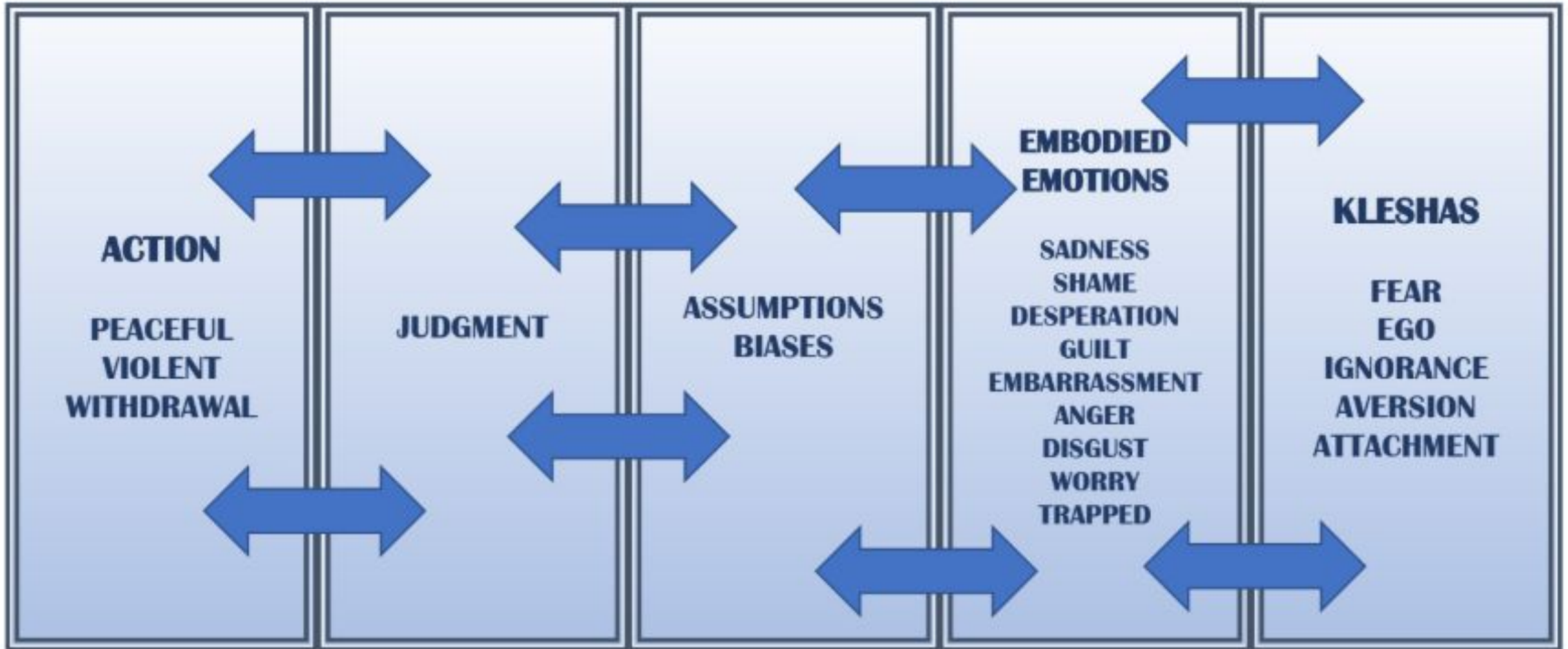
Choice by reflection or by  
embodied connection?



# Ahimsa & Healing Centered Yoga

- There is a lack of Ahimsa when our own energy is disrupted by external influence
  - causing discomfort, detachment, and distrust within our minds, bodies, and connection to our contented selves.
- Yoga offers opportunities to identify what these influences are, how they are causing harm, and how to relieve the embodied residue that harm leaves behind.  
Ahimsa=Non-Harm
- Harm; past, present and future, sits within the body as a barrier to union.
  - Setting a foundation of Ahimsa provides a beneficial support to work through the barriers.
- Starting where you are, on the mat or off, Ahimsa begins with a consideration.
  - Where does Harm exist within my thoughts, words, and actions?
  - What can I do to contribute to minimizing harm in my own life & in my community?

# Where does Harm / Ahimsa exist within my thoughts, words, and actions?



# Where does Harm / Ahimsa exist within my thoughts, words, and actions?

How can this support exploration of societal assumptions, biases, and judgments? What can I do to contribute to minimizing harm in my own life & in my community?

Race      Ability      Appearance      Sexuality      Speech      Religion  
Body Design      Socioeconomic Status      Personality/Demeanor  
Cultural Traditions      Age      Gender Identity      Community

# Humans and the Barriers to and Opportunities for Practicing Ahimsa

Breakout Room Activity

