

Agenda YTT Week 6

Welcome & Agenda Review -

Optional Share of Mindfulness Observations (Inner Monologue)

Guest Lecture Series Panel & Schedule

Discussion: Satya :Examining Personal & Global Truths

Break Out Discussion

Group Discussion

Break (5 Minutes)

Movement Lecture: Centering & Somatics

Break Out Discussion

Group Discussion

Session Closing & Weekly Mindfulness Offering

Consider joining the “Parking Lot” breakout space to share discussion, visit with one another, network, and support community building!



Satya

EXPLORING TRUTH

Satya - Truth

- Asks we seek deep personal Truth in our Thoughts, Words, and Actions
 - Radical truth with Self
 - Asking/Answering self about personal Fears, Ignorances, Attachments, Aversions, & Ego
- Continuing w/foundation of Ahimsa
- Barriers to Truth – Vidya v. Avidya
- When Truth Causes Harm
 - Family
 - Community
 - Politics
 - Social Media
 - Economics
 - Advertising
 - Self

The truth is hard.

Barriers to Truth

History / Perception / Experience

- What we have lived through often becomes/impacts our truth
- “Popular Opinion”
 - “Quid Pro Quo” / “It is what it is”
- Generational “truths”
 - trauma vs overcome
 - Why was this true for them? Why is it/ is it not true for me?
- Conditioning (samskara)
- Environment & Exposure to Alternatives
 - Never knew this option existed
 - Advertisement / Propaganda

Vidya & Avidya

To know, perceive, see, understand

"A lie doesn't become truth,
wrong doesn't become right,
and evil doesn't become good,
just because it's
accepted by a
majority"



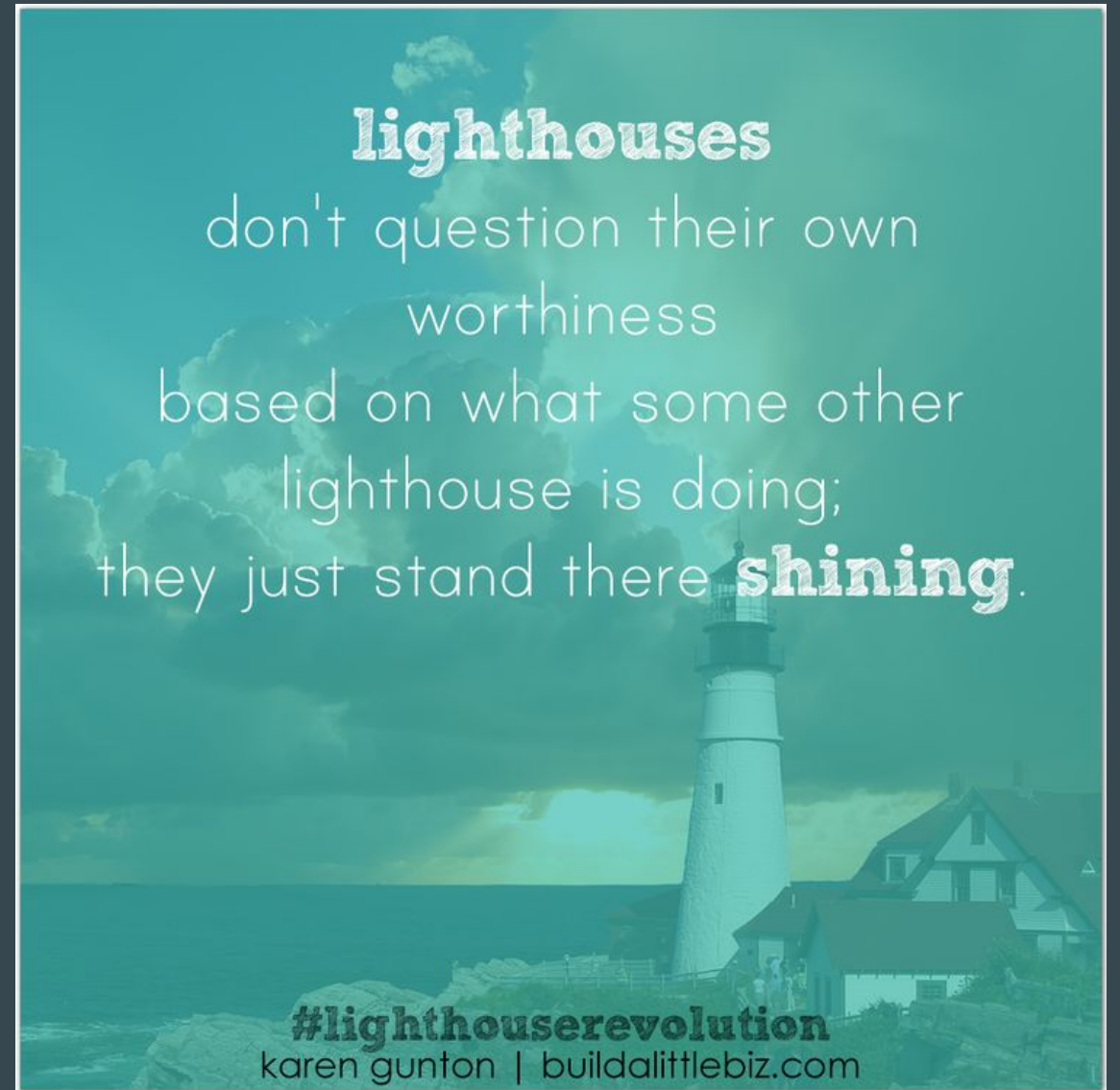
Booker T. Washington

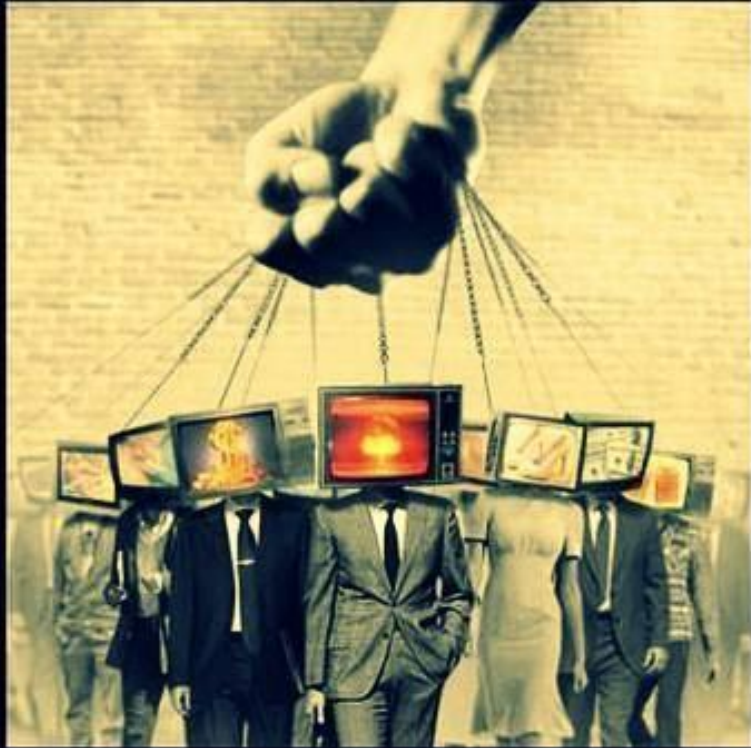
There are two ways to be fooled. One
is to believe what isn't true; the other
is to refuse to believe what is true.

The truth is still
the truth, even if no one
believes it. A lie is
still a lie, even if everyone
believes it.

Samskara

Distorted / Conditioned Falsehood





*The people will believe what
the media tells them they believe.*

George Orwell

Exploring Truth & Harm

- When “telling the truth” Causes Harm
 - Personal Attacks
 - Manipulation
 - Assumptions & Biases

When Withholding Truth Causes Harm

Abuse/Assault Cover-up

Genocide

“Status Quo”



Connecting to Truth

Who can only you be?

- What is uniquely yours to offer?
- What comes naturally to you?
- What feels alive, inspiring, or intuitive?

Not everyone is meant to do everything.

Some are gifted with numbers.

Some with art.

Some with empathy, humor, diplomacy, groundedness, cultivation, leadership.

Yoga teaches that **not honoring our truth is a form of suffering.**

When we disconnect from who we are there is potential to:

- Seek belonging outside ourselves
- Perform instead of embody
- Shape-shift to survive

Satya invites sovereignty.

To live, speak, and act in ways aligned with your authentic nature—without harm to self or others.

Truth as Practice, Not Performance

Each being carries an intuitive intelligence — a knowing of who they are.

Trauma can:

- Disrupt that connection
- Compromise self-trust
- Blur inner truth

The practice becomes:

Pause. Notice. Respond. Rest/Recover.

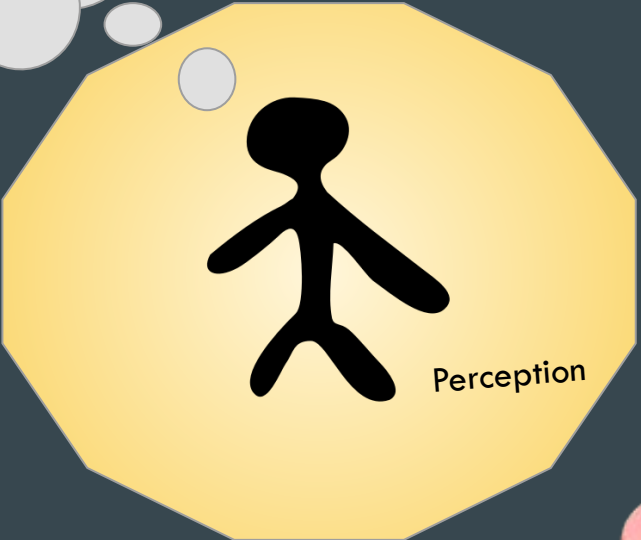
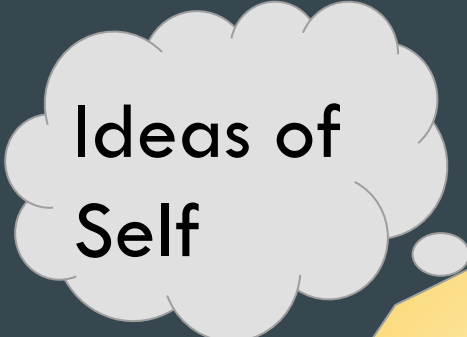
Satya is not brutal honesty. It is Radical Truth. It is truth guided by Ahimsa.

A lifelong exploration of:

- Thoughts
- Words
- Actions

Aligned with who only you can be.

Humans & Pathways/Barriers to Satya



Global

Understanding

Environmental, Political, Resources



Relationships

Interpersonal, Community, Country



Spirituality

Centering and Somatics

Benefits On the Mat :

- Supports nervous system regulation by creating moments of stillness and reflection.
- Encourages participants to connect with their breath and body, fostering self-awareness.
- Provides tools for self-soothing, enhancing emotional resilience on and off the mat.
- Acts as a pause point to recalibrate before more intensive practices.

Benefits off the Mat :

- Encourages reflection on personal reactions to activations, new concepts, and discussions.
- Provides a moment to process emotionally activating content and maintain balance.
- Reinforces the value of self-care as part of a sustainable learning journey.
- Supports group cohesion by grounding collective energy during challenging moments.

Week 4: The Power of the Pause - Centering & Somatics

Focus: Cultivating the pause between an event and a reaction or response.

Discussion Points:

- Have you ever reacted immediately to an event? Have you ever regretted your reactions/actions? How did you feel afterwards?
- Would a pause have supported you to make a different decision?
- Discuss Notice/Pause, Respond, Rest/Recover

Movement Practice:

- 3 conscious natural breaths, hand on heart. Option gentle shoulder rolls
- Notice/Pause, Respond, Rest/Recover - Move in response to observed energy (sway to exertive jog)
- Centering breath work: Cyclic Sighing 2-3 short inhales, slower exhale
- Seated/standing exertion & grounding sequence (knee lifts, clock clapping, side reaches)
- Notice/Pause, Respond, Rest/Recover - Move in response to observed energy (sway to exertive jog)
- Standing mountain with body tense and release or mudra
- End with 5-minute guided meditation on “pausing.”

Closing Reflection:

- What happens in your body when you pause before reacting?
- When could a pause support you this week?