

## Today's Agenda: Week 7 / Module 5

Welcome & Agenda Review

Invitation to Share Mindfulness Observations: Attention/Focus, Distractions, & Emotions

Discussion: Exploring Asteya (Non-Stealing) & Avoiding the "Yoga Show"

Exploring Nervous System Responses to Trauma

**Break (5 Minutes)**

Movement Discussion: Energetic Awareness, Range of Motion, & Centering & Somatics Review

Breakout Room Workshop: Building a Movement Practice

Group Discussion

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.



# Asteya

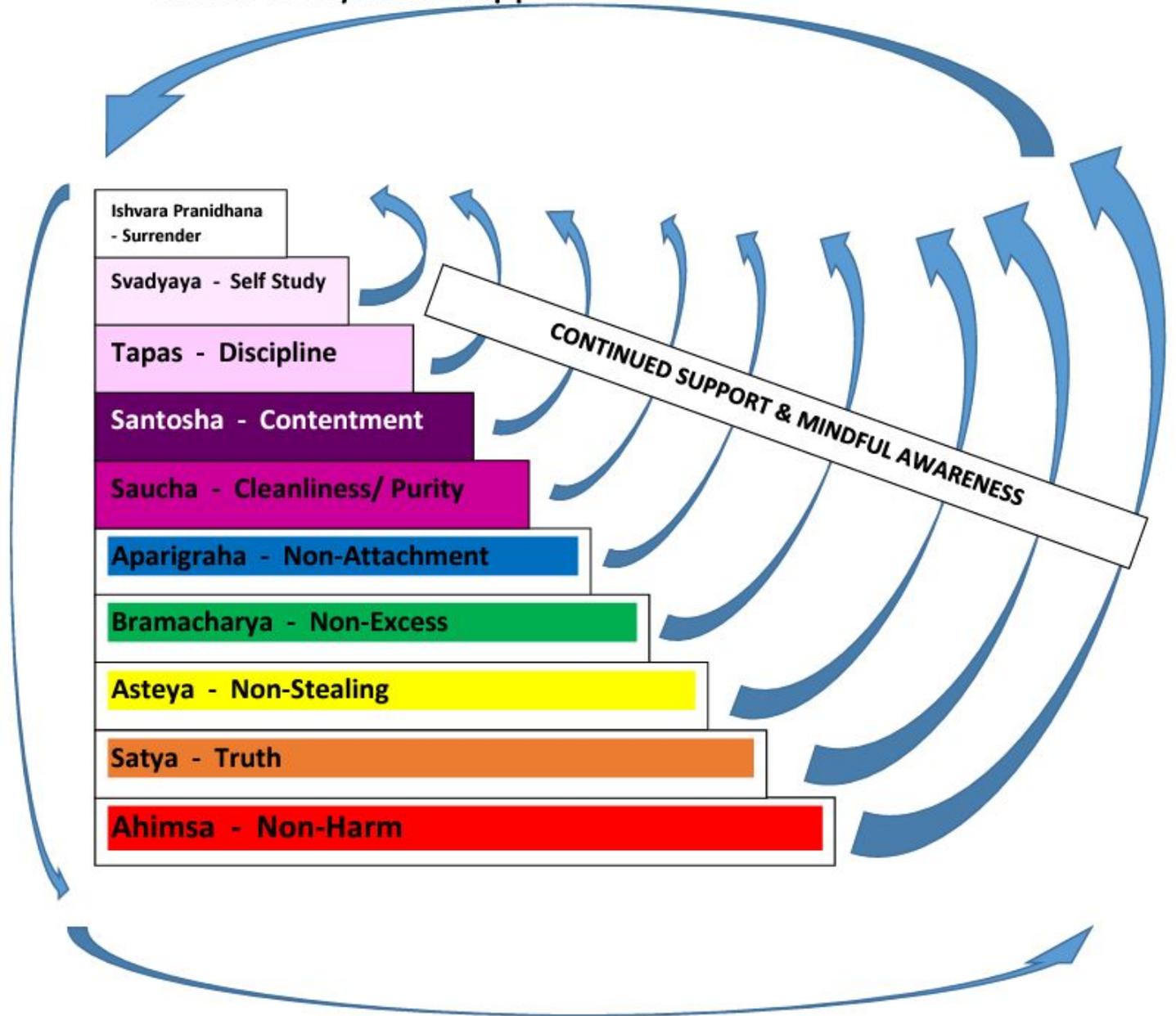
---

EXPLORING NON-STEALING

# Checking In:

## Yamas & Niyamas

### Yamas & Niyamas Support



# What is Stealing?

---

Consider some of the initial thoughts that come to mind when you think of what “stealing” means in your personal experience and upbringing.

How Did You learn this?

- Family?
- Community?
- School?
- Media?
- Literature?
- Religion?

# Stealing from Self (and others)

---

- Self Doubt - What do you choose not to do/try/explore?
- Disconnection - to thoughts, needs/sensations of body (Ahimsa & Satya)
- Past/Future - worry, concern, guilt, shame, regret
- Social Interactions- What is priority? Listening to Respond/React
- Lack of Accountability
- Attention & Focus - where does this go? Why?
- Defensiveness/Retaliation - Preparing the fight rather than learning a new perspective
- Gossip
- “Instant Gratification” - What we think we need, where we “should be”, Jumping beyond competency
- Procrastination
- Lack of Self Advocacy / Advocacy for others
- Withholding Truth/Altering Truth / Partial Truths
- Misaligned Expectations

# Asteya – Non Stealing

## Ways Humans Steal from Other Humans

- Mass Incarceration
- Slavery
- Human Trafficking
- Colonization
- Oppression
- Disbelief / Misbelief
- Lack of Access to Resources
- Gaslighting
- Transactional Relationships
- Census & Voting district restructure (Gerrymandering)
- Shaming (body, age, knowledge, language, culture, etc..)
- Listening to Respond
- Assumption & Biases
- Projecting Expectations
  - societal, cultural, familial, relational
  - consider yoga spaces....
- Pharmaceuticals
- Judgement & Prejudice
- Manipulation
- LACK OF ACCOUNTABILITY



A lack of Asteya threatens survival

---

PART OF  
LAYING DOWN YOUR PRIVILEGE  
IS  
*LISTENING*  
TO  
*OPPRESSED*  
*PEOPLE*

ALLY HENNY @ALLYHENNY  
@JEEHEIPARK

WITHOUT ARGUING, INTERROGATING,  
MINIMIZING OR GASLIGHTING  
THEM

## THE FIVE KLESHAS

### ABINIVESAH

FEAR AND ANXIETY  
ABOUT IMPERMANENCE

### RAGA

WANTING WHAT  
WE DON'T HAVE

### ASMITA

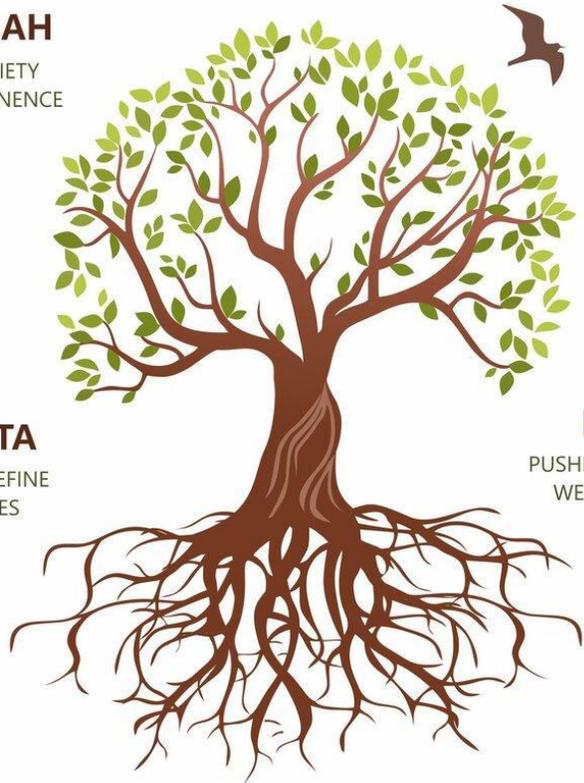
HOW WE DEFINE  
OURSELVES

### DVESA

PUSHING AWAY WHAT  
WE DON'T WANT

### AVIDYA

SEEING THE WORLD ONLY THROUGH OUR EYES



# Kleshas – Barriers of Non-Stealing

---

Ignorance - Avidya

Ego - Asmita

Attachment - Raga

Aversion - Dvesha

Fear – Abhinivesha

# Samskara.



In Indian and yogic philosophy, samskaras are the mental impressions left by all thoughts, actions and intents that an individual has ever experienced. They can be thought of as psychological imprints.

# A lack of Asteya in Yoga Spaces

- Inaccessible or misrepresented offerings
- Unconsented, Unsolicited, &/or Uninformed “hands on” guidance
- Lack of Agency for Participants
- Performative Instruction
- Assumption & Bias
- .... what else?



# Asteya in Yoga Spaces

- Accessible and Inclusive Practices
- Clear Intentions, Consent, and Understanding of Practice Expectations
- Supporting Agency & Curiosity
- Clear Cues and Demonstrations
- Create Opportunities for Connection
- Dismantle Hierachry & Competitive Atmosphere
- .... what else?



# Global Opportunity



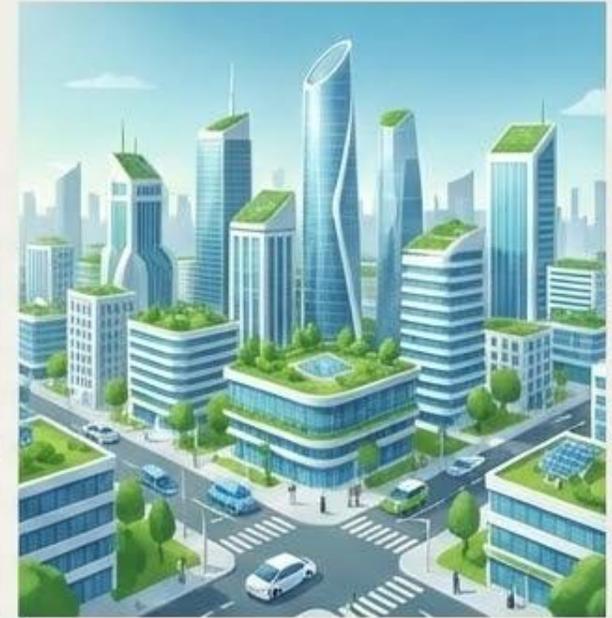
**People Supporting One Another:** Community, collaboration, and mutual aid.



**Responsible Resourcing:** Sustainable practices and ethical sourcing.



**Equity and Inclusion:** Fair representation and access for all.



**Progression without Pollution:** Clean technology and environmental stewardship

# Trauma and the Nervous System: A Polyvagal Perspective

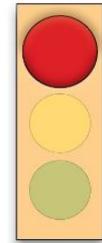
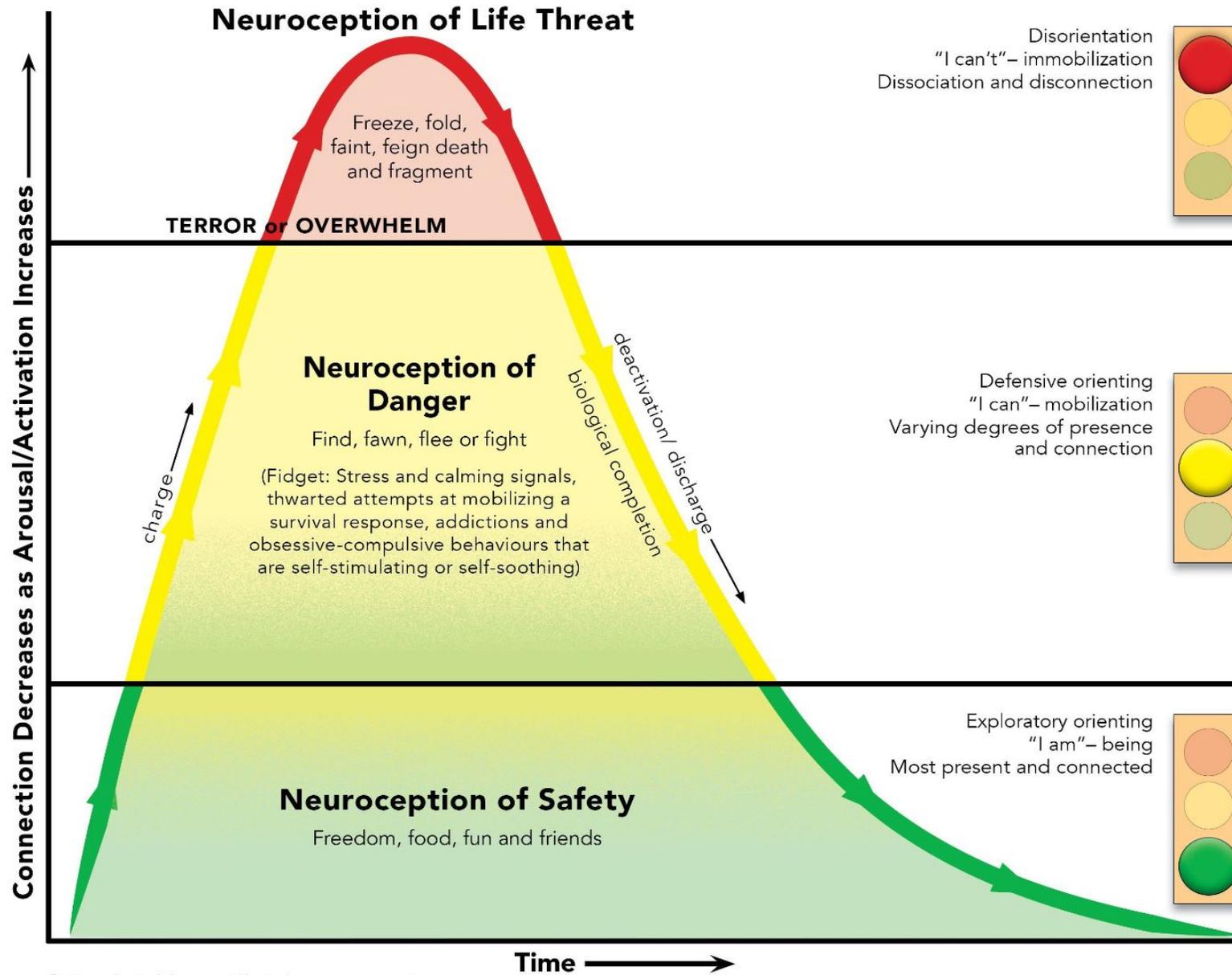
---

How might trauma steal from the lives of impacted individuals?

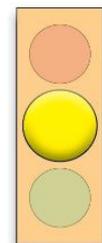
Health/ Wellbeing

Perceptions

Relationships (self/others)

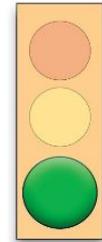


**Parasympathetic Nervous System:**  
**Brake System: Dorsal Vagal Dominance (high tone)**  
When the other strategies are not possible or successful, the body enters a state of energy conservation involving either tonic (rigid) immobility or collapsed (floppy) immobility. Defeat, learned helplessness, shame, shutdown, numbing, depressed life energy, derealization, depersonalization, personality splitting, altered states of consciousness, or loss of consciousness can be experienced.



**Sympathetic Nervous System:**  
**Gas Pedal: Sympathetic Dominance**  
Low to moderate amounts of arousal or stress, especially if tempered by the social engagement system, can be tolerable, enjoyable or invigorating and are not necessarily a sign of danger (shaded area). As a sense of danger or distress increases, a hierarchy of responses begins to mobilize:

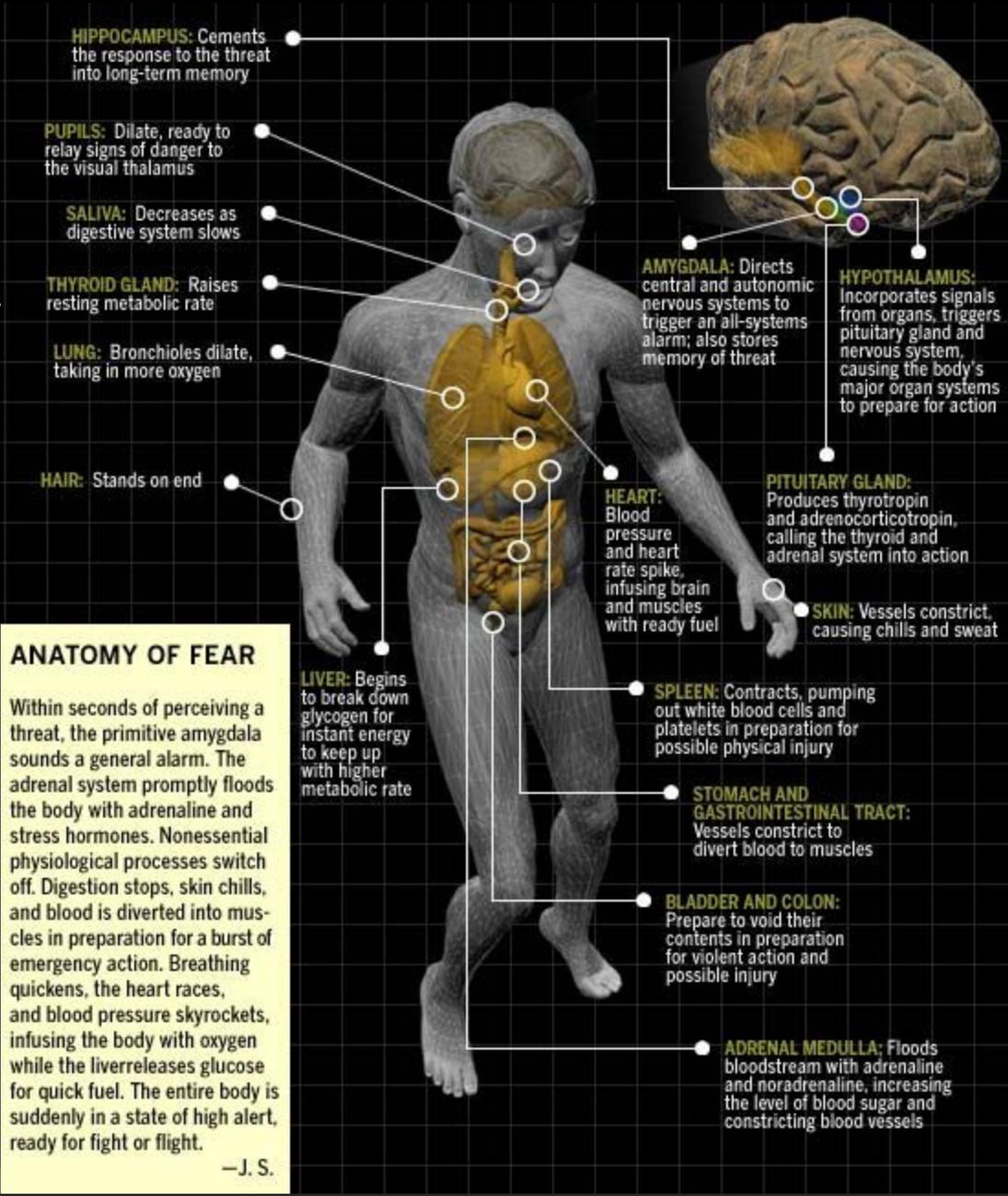
- **Find:** AKA "tend and befriend", looking to the herd/pack or attachment figures for comfort, soothing or protection (attachment cry, proximity seeking, reaching towards, clinging, cohesion, bunching, protesting separation)
- **Fawn:** Appeasement behaviours to defuse conflict and tension and decrease likelihood of harm, pain or rejection (reasoning, complying, placating, peace keeping, caretaking, codependency, Stockholm syndrome, etc.)
- **Flee:** Wariness, nervousness, anxiety, panic; avoiding, ignoring, moving away, away-from marching, running away, stampeding
- **Fight:** Irritability, frustration, anger, rage; resistance, posturing, intimidation, aggression, defending, protecting



**Parasympathetic Nervous System:**  
**Brake System: Ventral Vagal Dominance (social engagement) or Dorsal Vagal Dominance (low tone, rest and digest)**  
These states are the most conducive to relationships, resting, repair (emotional and physical) and restoration. The felt sense of safety supports sleeping, reading, meditation, prayer, and eating, as well as healthy social interactions, exploration, learning, procreation, and play. The more active of these states involves a degree of tolerable or pleasurable sympathetic arousal (shaded area).

© Sarah Schlotte. All rights reserved.

Adapted from Porges (2011, 2017), Levine (1997, 2010), Walker (2013), Hoskinson Consulting (n.d.), Draaisma (2018), Rees (2018), Schauer & Elbert (2010), Koslowska et al. (2015), and Payne & Crane-Godreau (2015).



**ANATOMY OF FEAR**

Within seconds of perceiving a threat, the primitive amygdala sounds a general alarm. The adrenal system promptly floods the body with adrenaline and stress hormones. Nonessential physiological processes switch off. Digestion stops, skin chills, and blood is diverted into muscles in preparation for a burst of emergency action. Breathing quickens, the heart races, and blood pressure skyrockets, infusing the body with oxygen while the liver releases glucose for quick fuel. The entire body is suddenly in a state of high alert, ready for fight or flight.

—J. S.

## THE FIVE KLESHAS

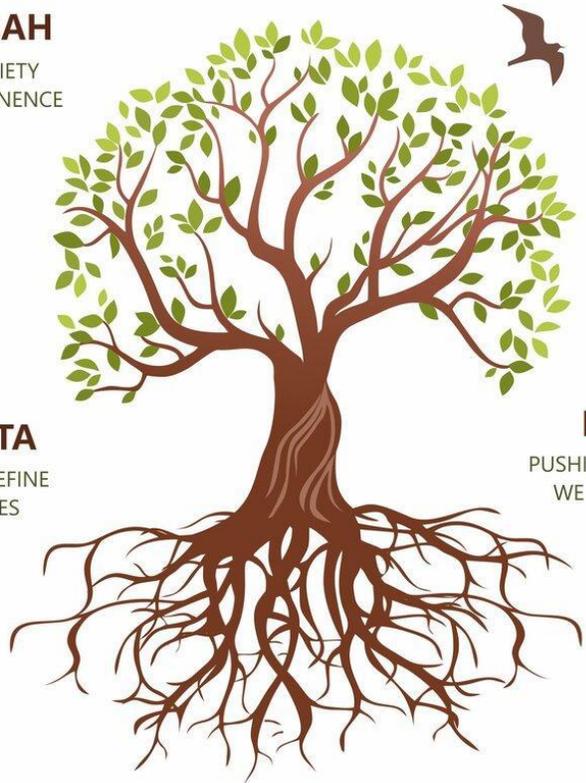
**ABINIVESAH**  
FEAR AND ANXIETY  
ABOUT IMPERMANENCE

**RAGA**  
WANTING WHAT  
WE DON'T HAVE

**ASMITA**  
HOW WE DEFINE  
OURSELVES

**DVESHA**  
PUSHING AWAY WHAT  
WE DON'T WANT

**AVIDYA**  
SEEING THE WORLD ONLY THROUGH OUR EYES



# Kleshas – Barriers of Non-Stealing

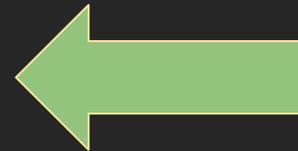
Ignorance - Avidya

Ego - Asmita

Attachment - Raga

Aversion - Dvesha

Fear – Abhinivesha



**HIPPOCAMPUS:** Cements the response to the threat into long-term memory

**PUPILS:** Dilate, ready to relay signs of danger to the visual thalamus

**SALIVA:** Decreases as digestive system slows

**THYROID GLAND:** Raises resting metabolic rate

**LUNG:** Bronchioles dilate, taking in more oxygen

**HAIR:** Stands on end

**LIVER:** Begins to break down glycogen for instant energy to keep up with higher metabolic rate

**SPLEEN:** Contracts, pumping out white blood cells and platelets in preparation for possible physical injury

**STOMACH AND GASTROINTESTINAL TRACT:** Vessels constrict to divert blood to muscles

**BLADDER AND COLON:** Prepare to void their contents in preparation for violent action and possible injury

**ADRENAL MEDULLA:** Floods bloodstream with adrenaline and noradrenaline, increasing the level of blood sugar and constricting blood vessels

**AMYGDALA:** Directs central and autonomic nervous systems to trigger an all-systems alarm; also stores memory of threat

**HEART:** Blood pressure and heart rate spike, infusing brain and muscles

**AMYGDALA:** Directs central and autonomic nervous systems to trigger an all-systems alarm; also stores memory of threat

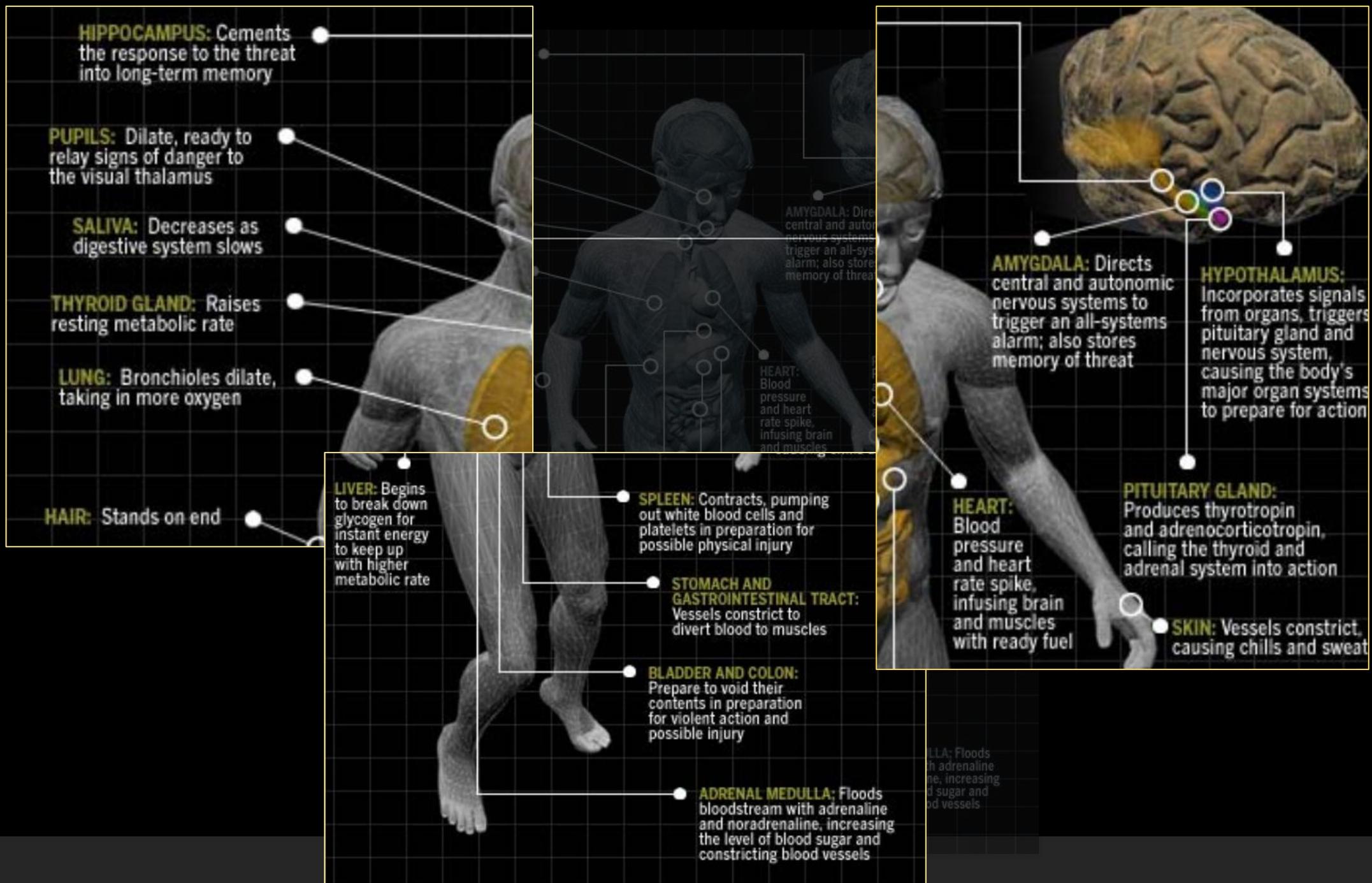
**HEART:** Blood pressure and heart rate spike, infusing brain and muscles with ready fuel

**PITUITARY GLAND:** Produces thyrotropin and adrenocorticotropin, calling the thyroid and adrenal system into action

**SKIN:** Vessels constrict, causing chills and sweat

**HYPOTHALAMUS:** Incorporates signals from organs, triggers pituitary gland and nervous system, causing the body's major organ systems to prepare for action

**ADRENAL GLAND:** Floods bloodstream with adrenaline and noradrenaline, increasing the level of blood sugar and constricting blood vessels



# **Pause and observe**

---

**Notice your next inhale and exhale**

**.... your embodied energy**

**Observe any thoughts/memories that may be present**

**Explore movement: stretch, gently rock or shake, make contact with your own skin**

**Repeat...**

## **Breakout Discussion:**

---

**Considering this discussion and further exploration into the nervous system, how might your own practice of Asteya support yourself & those you serve?**

Health/Wellbeing?

Perceptions/Intentions?

Relationships (self/others)?

...

**How might you incorporate this Yama into your facilitation?**

# Sequencing Review: Foundations We've Explored

## 1 Energetic Awareness

- Begin by noticing: *What is here?*
- Supporting individuals to connect with **embodied energy**

---

  - Tired
  - Activated
  - Tense
  - Restless
  - Shut down
- Normalize that energy shifts
- Offer movement as a tool to:
  - Release excess activation
  - Cultivate energy when depleted
  - Increase internal awareness
- Introduce **auto-breathing vs. conscious breathing**
- Build the skill of noticing before changing

# Sequencing Review: Foundations We've Explored

## ② Emotional & Physical Range of Motion

- Asana = **movement** (not performance)
- Explore accessible movement to:
  - Spine
  - Neck
  - Shoulders
  - Ankles & feet
- Link **physical ROM** with **emotional capacity**
- Encourage curiosity over achievement
- Move within personal thresholds
- Build tolerance slowly and sustainably

Range of motion is not how far you go —  
it's how safely and consciously you explore.

## 3 Centering & Somatics

Tools introduced:

- **Pause, Notice, Respond, Restore**
- Integrate moments of stillness between activation
- Develop awareness of nervous system shifts
- Emphasize regulation as a skill
- Normalize choice: sit, stand, rest, engage
- Strengthen capacity for:
  - Boundaries
  - Self-trust
  - Slow competency
  - Resilience

The pause is not an interruption.  
It is the practice.

# Breakout Room Workshop: Building a Short Practice



## Imagine:

Participants have never practiced yoga. They may feel:  
Intimidated, Skeptical, Self-conscious, Uncertain about their bodies



**Your task:** In small groups, design a short practice (5–8 minutes) that includes:



### ✓ Energetic Awareness

- Invite noticing: “What’s here?”
- Offer options to release or cultivate energy:
  - Stomp, shake, compress
  - Gentle sway or breath



### ✓ Range of Motion

- Accessible spinal movement
- Neck & shoulder mobility
- Feet & ankle awareness
- Emphasize exploration over depth



### ✓ Pause Moments

- Build in deliberate stops
- Ask reflective questions
- Allow integration before moving on

## Add the “Why” guide

As you build your sequence, consider:

- Why do we begin with awareness?
- Why do we move slowly?
- Why do we normalize options?
- How does this reduce harm and build safety?

Clarify for participants:

- Asana simply means movement
- Yoga is not performance
- Exploration is encouraged
- Individual needs are expected and respected

How do you create a space where  
curiosity feels safer than comparison?

