

Today's Live Session Agenda:

Welcome & Agenda Review

Final Reflection Slide Presentation

Discussion: Saucha (Purity/Clarity) & Following a Moral Compass

Group Share

Break (5 Min)

Invitation to Share Mindfulness Observations: Sleep & Rest

Movement Lecture: Integration & Relaxation

Breakout Room Workshop - Exploring a full sequence through the Integration & Relaxation Lens

Each week, the breakout space is open and available to connect and continue conversation, or just share space with one another after our session time concludes.

SAUCHA

Following Our Moral Compass

"PURITY"

"PURITY"

Social Definitions & Expectations

Clean, Neat, "Proper"

Modesty, Virginity, Demure

What harm might exist in these definitions?

Is there "pure" pressure placed on individuals in some societies?

Why is "Purity" rarely associated with nature, food, environment, truth, mindfulness, healthcare, work environment, intentions?

PURITY & CLARITY

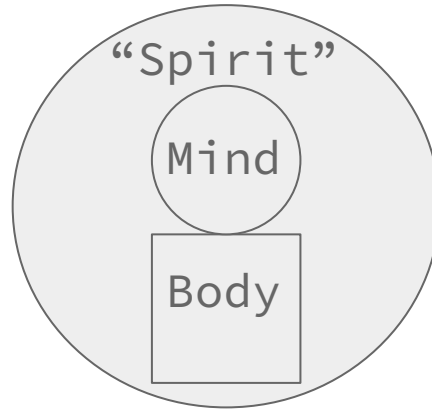
What shifts in perception/reaction to considerations of a practice in Clarity?

How might one navigate self care and their humanness when connecting to ideas of clarity rather than ideas of purity?

What potential societal impact(s) exist if clarity was applied in situations that often encompass a statement on purity?

PURE & ORGANIC

What might an organic self be?



Bare
Natural
Full Integration of Self
Clarity
Balanced
Free of Toxins/Toxicity
*Allergies
Aligned w/Moral Compass

CONNECTING TO OUR "GUT INSTINCT"

Enteric Nervous System

Actions:

Why am I doing what I am doing?

What is the impact? (Self/Others)

- It is right for me in this moment.
- I may have hesitations, but I realize these are fear based.
- I do not want to do this, but I feel obligated.
- I do not feel right about this, but I am choosing to proceed.
- I am choosing not to do this.



CONNECTING TO OUR “GUT INSTINCT”

The Enteric Nervous System (ENS)

“The Body’s Second Brain”

- A network of **100–500 million neurons** located in the gut
- Runs from the esophagus to the anus
- Works **independently**, but stays connected to the brain

What It Does

- Regulates **digestion and movement of food**
- Controls **blood flow and nutrient absorption**
- Communicates using neurotransmitters like **serotonin and dopamine**

Gut–Brain Connection

- The ENS and brain are linked through the **vagus nerve**
- Emotions and stress can directly impact the gut
- This is why we may “feel” things in our stomach

Why This Matters (Saucha)

- The gut plays a role in **awareness, clarity, and internal signals**
- Reconnecting with the body can support **trust in gut instinct**
- Practices that calm the nervous system help us **listen more clearly within**



CONNECTING TO OUR "GUT INSTINCT"

Speech/Conversation

Why am I joining this conversation/Sharing my words?

Are these words True?

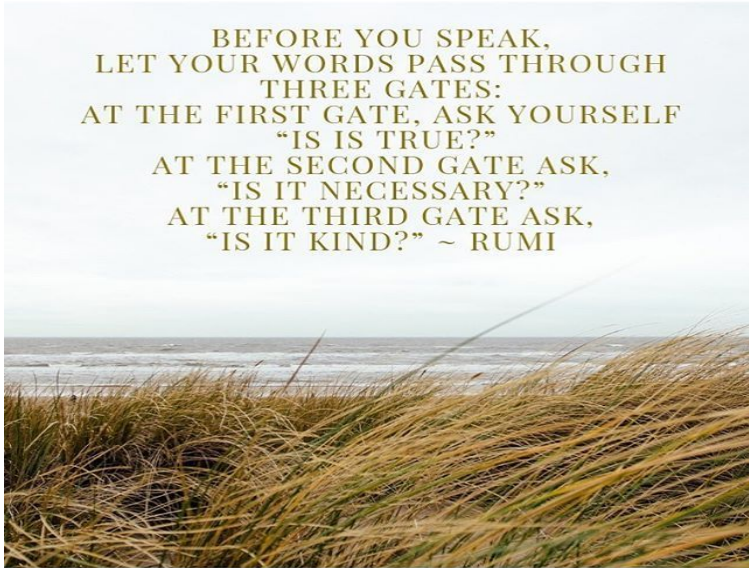
Who's Truth?

Are these words Necessary?

To me? To others?

Are these words Kind?

To All?



BEFORE YOU SPEAK,
LET YOUR WORDS PASS THROUGH
THREE GATES:
AT THE FIRST GATE, ASK YOURSELF
"IS IS TRUE?"
AT THE SECOND GATE ASK,
"IS IT NECESSARY?"
AT THE THIRD GATE ASK,
"IS IT KIND?" ~ RUMI

(even in deep protest and advocacy work, our words can hold kindness)

SOCIAL JUSTICE SAUCHA

Visiting History - Clarity & Moral Compass

Suffragette Movement

Roe / Reproductive Rights

Jim Crow Laws

“Ugly” Laws

Mass Incarceration

Health Care Equality

LGBTQIA+ Rights



A Further Look:

White Frailty, Religious Bypassing/Scapegoating, Gaslighting, Gerrymandering

Can one rest when there's still work to be done?

COMPETENCY & SAUCHA

When we are in the process of learning, of incorporating new language, new action, new perspectives to our interactions with others, we may make mistakes. How we proceed matters.

Clarifying the clutter of Generational/Individual Traumas, Biases, Assumptions, Fears, Ignorances gives us resources to shift how we show up in the world with our intentions toward healing, knowledge, collaboration, & support.

Listening to our “Gut Instincts”- Particularly in moments where we are offended or think we have offended others provides additional insight to deepening our practice of Saucha.

Taking Offense VS Building Competency
(where is the true harm?)



PRACTICING SAUCHA

- Clearing Clutter (Internal & Physical Space)
- Deepening Relationship/Trust with self & “Gut Instincts”
- Continue Learning, Growing, Encouraging Curiosity
 - Consider Yamas & Kleshas
- Understand passions & their **sustainability** in life
 - Committed for the long haul?
 - Are there limits to actions?
 - What can be learned to gain competency for action?

BREAKOUT ROOM DISCUSSION

Take a few moments to review any notes you've taken or to sit with any thoughts, ideas, or emotions that may arise.

Consider sharing:

- What stands out to you and perhaps alerts your own moral compass or personal views on purity/clarity? What (if anything) would you like to explore further? What (if anything) are you avoiding?
- How might you introduce/integrate this Niyama in your own practice or facilitation?

Integration & Relaxation: Summary

The *Integration and Relaxation* phase is the **essential closing arc** of a trauma-informed yoga practice. It provides space for the nervous system to regulate, the body to rest, and the mind to process and absorb the full benefits of the session. This phase is not passive—it's an active form of restoration, emotional integration, and embodied presence. Longer stillness and fewer verbal cues encourage quiet reflection, self-awareness, and a deep sense of inner connection.

This is where the practice lands, and where participants are gently supported into a state of wholeness, safety, and ease.

Core Purpose

- **Facilitates recovery**—physical, emotional, and mental
- **Supports nervous system regulation** through rest and stillness
- Encourages **deep presence and reflection**
- Reinforces the benefits of the practice *beyond the mat*

Key Practices

- Restorative postures that allow the body to **settle and release**
- Emphasis on **stillness and gentle movement**
- Breath as a tool for **grounding and integration**
- Practices may include:
 - **Yoga Nidra**
 - **Guided body scans**
 - **Silent or minimally cued resting postures**

Facilitation Tips

- Encourage a sense of **clarity and openness**—linked to *Saucha* (purity)
- **Minimize verbal cues** to allow for quiet internal focus
- Always offer **alternatives to traditional Savasana** (e.g. side-lying, seated, supported)
- Normalize a wide range of emotional responses—tears, restlessness, peace, numbness—all are valid



Integration & Relaxation

Suggested Movements & Breath Practices

Seated Spinal Movements

(e.g., gentle twists, flexion, extension)

- Release residual spinal tension
- Support breath awareness and structural balance
- Offer gentle closure before rest

Seated Exploratory Stretches

(e.g., side bends, forward folds)

- Slow, curious engagement with sensation
- Supports grounding and emotional settling
- Reinforces non-striving and self-care

Supine Twists

- Calm the nervous system
- Loosen hips and lower back tension
- Encourage breath-body connection

Supine Full-Body Stretches

- Create a sense of spaciousness
- Final muscular release
- Signal closure and readiness for rest

Final Relaxation (Savasana or Supported Pose)

- Stillness for deep **integration and absorption**
- Time for emotional processing and nervous system downregulation
- Encourages trust, surrender, and self-connection

Integration & Relaxation:

Key Themes to Emphasize

- **Rest is not optional—it is vital.**
- **Stillness can be vulnerable**—create safety through choice and support.
- **Integration is a slow unfolding**, not a task to complete.
- This phase embodies the heart of trauma-informed practice: **agency, permission, presence, and care.**

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