

# Today's Session Agenda:

- 🍃 Welcome & Agenda Review
- 🍃 Mindfulness Share- Observations of Personal Movement Practice
- 🍃 Program Update, Timeline of Remaining Weeks, & Final Project/Final Sequence Description and Schedule
- 🍃 Discussion: Santosha(Contentment)
- 🍃 **Break (5 Minutes)**
- 🍃 Breakout Room Workshop: Guiding a Trauma-Informed Sequence (Page 54)
- 🍃 Group Discussion
- 🍃 Session Closing & Weekly Mindfulness Offering

👥 \*PYP Virtual Community Gathering! I will plan to end our time a bit earlier than usual to allow time for anyone who wishes to join this event, a chance to meet and share space with members of the global PYP organization!



## **Program Check-In & Schedule Going Forward**

### **Remaining Thursday Sessions**

- 3/26-5/7 (Next 7 Weeks)
  - Continue Yoga Philosophy Discussions
  - Facilitation Support Lectures
  - Increase Practical Break-Out Session
  - Team Sequence Creation & Sharing w/Feedback
- 5/14 Q&A, Review & Facilitation Workshops

### **April 20 - May 20 - Practical Sequence Offering**

- Prepare 25-35 Minute Final Practice
- Can share live or prepare recording to share during 70 minute appointment
- Feedback will follow either live offering or shared recording

### **Thursday May 21st - Graduation Ceremony**



# Preparing to Complete the YTT Training

## Complete Reflections in Online Learning Modules

- Submit Reflections for all 13 Learning Modules
- Module 14- Final Reflection Project (By 5/20 to be included in Graduation Presentation)
  - Can be shared in any medium (written, artwork, song, vision board, etc)
  - Alternate/Bonus Community Based Project
    - Share how you are incorporating TIY in your community

## Prepare and Share Final Sequence (April 20 - May 20)

- Provides introduction and clearly defines the participants the sequencing is structured to serve
- Demonstrates Trauma-Informed and Mindfulness-Based sequencing and offers a clear pattern of Energetic Awareness, Range of Motion, Centering/Somatics, Strength & Resilience, Connection & Focus, and Integration & Relaxation
- Offers invitational cueing and demonstrates accessible variations of postures
- Demonstrates and offers at least one breathing practice
- Offers clear, anatomical cues to guide participants through the practice before offering posture names
- Speaks clearly and allows time for participants to explore postures and transitions
- Demonstrates the use of props
- Offers class within 25-35 minute timeframe
  - Optional Additions: Theme/Intention, Closing Breathwork

## Thursday May 21st - Graduation Ceremony

- ALL are welcome to join the graduation celebration regardless of completing the program by 5/21. If you are interested in discussing options for extension, please schedule office hours.



# Santosha

Finding Contentment is a Discontented World



# Santosha

- Santosha means *contentment* and *lack of desire for any thing that one does not have*. It invites satisfaction with things that one already has. It not only applies to things but also to situations, qualities, and the like.
- Santosha offers us awareness of the present and what actions/reactions may be best suited for us in these moments.
- Santosha allows space for natural evolution, our individual cycles of learning and growing, as we continue our yoga practices.
- The word Santosha is the combination of two Sanskrit words: 'San/m' meaning "completely" and 'toshā' meaning "contentment". It denotes "absolute contentment."
- Satisfaction, gratitude, and happiness are the three important aspects of Santosha. **STEADINESS & EASE**

● Reference: [Classicyoga.co.in](http://Classicyoga.co.in)



# Trust in Self

# Gratitude for Self

- What thoughts or embodied sensations occur when considering these?

# Trust in Self

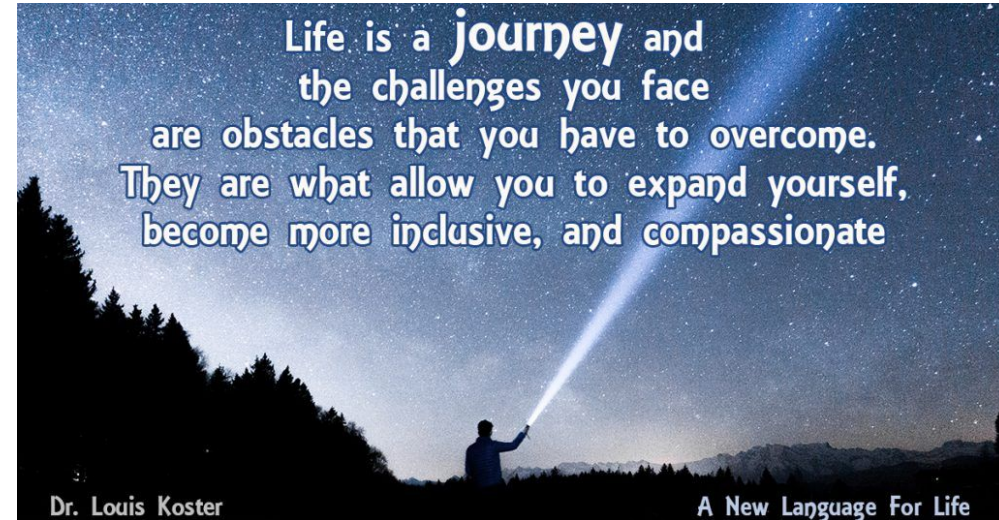
# Gratitude for Self

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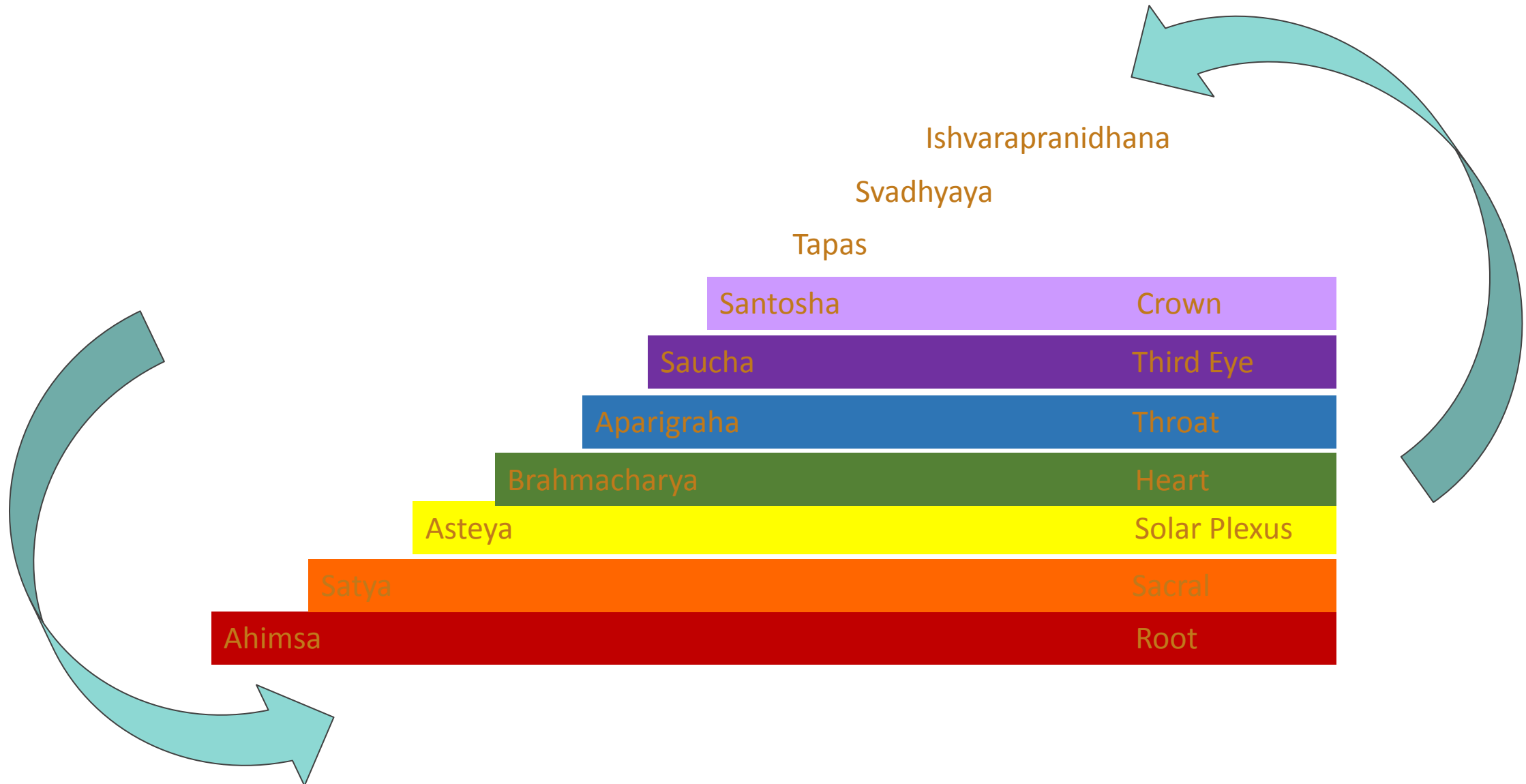
By taking the time to understand your personal needs & boundaries and how you can most authentically support yourself you are not only being an active participant in your life journey, but you are deepening a knowledge of self-care to share with those you love, care for, & hope to serve.

# Obstacles to Contentment

- Harm, lack of safe spaces
- Inability to connect with, speak, or live within one's truth
- Lack of opportunity, lack of access to resources
- Addiction/Unbalance/Excess
- Feelings of “stuckness”, inability to release words, settle frustrations, or to find resolution
- Being compromised in moral principles
- Distrust, suspicion
- Lack of focus, determination, or enthusiasm
- Feeling “lost”, overwhelmed, misguided
- Disconnection from self, community, nature
- “No Justice. No Peace.”

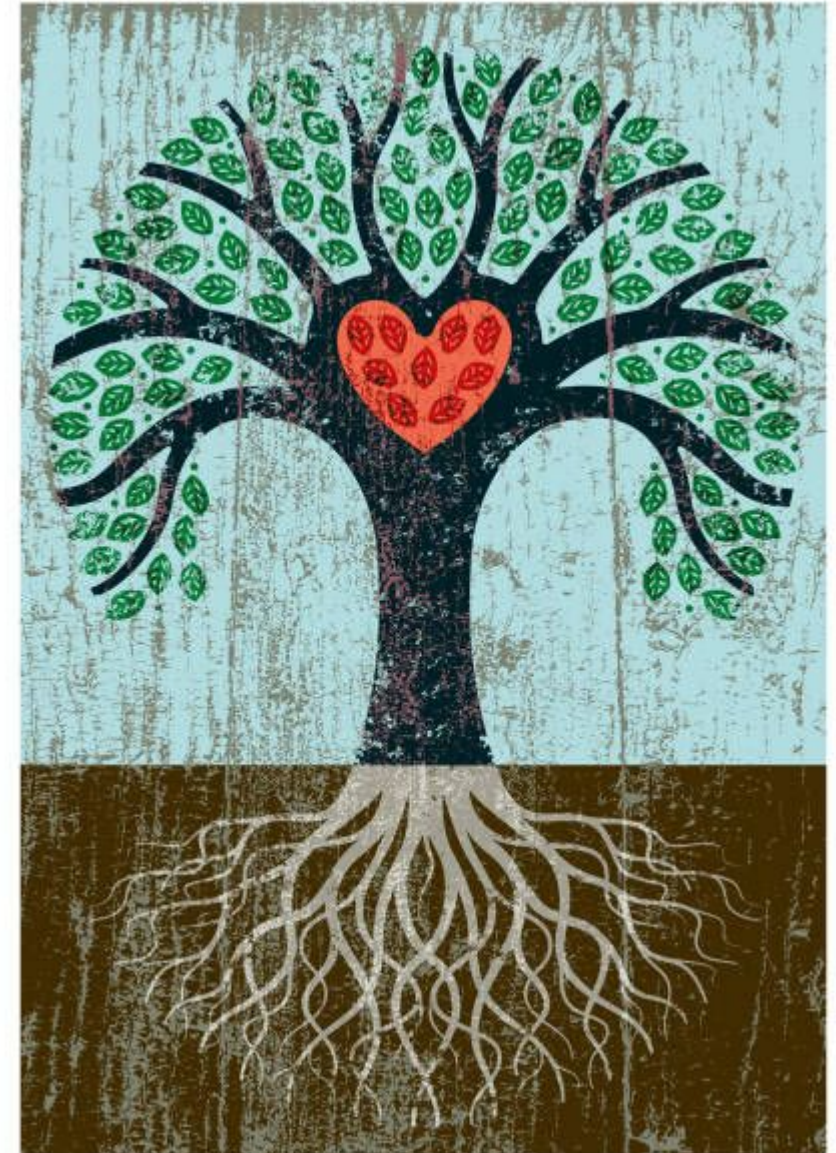


# Yamas & Niyamas, Chakras, & Contentment



# How does Yoga Support Contentment?

- Guiding perspectives of self
  - Accessing personal needs, voice, passions
  - Understanding personal history
  - Guide for unique healing needs
- Deepening personal connection
  - Building awareness of the unique needs of one's nervous system (ANS/(P)SNS/ENS)
    - Building awareness of the unique needs of one's body & mind
    - Building awareness of the unique needs of one's spiritual supports



# How does Yoga Support Contentment?

- Aligning Skill in Action

Considering the Lessons of the Bhagavad Gita

- Human Dilemma
- Action vs Inaction
- Perceptions & Intentions



# Identifying Sustainable Support for Contentment

What can I *REALISTICALLY* do at this time in my life?

What might Support look like? For “me”/From “me”

*What do I Stand For?*

*What do I purchase?*

What is the sourcing of the products? What Can I learn?

Where do I/am I able to shop? What is my relationship with consumerism?

*What does my entertainment/input look like?*

What do I watch/observe? Am I aligned with the messaging?

What is the message/diversity of the products advertised?

*What is my waste?*

How do I dispose/repurpose/recycle/upcycle?

*What, if anything, do I want to contribute to community?*

What is sustainable? Life Balance? Skill in Action

3 WAYS TO

## LIVE WITH INTENTION



**1. IDENTIFY**  
your values.



**2. ACT**  
with agency.



**3. OPTIMIZE**  
your partnerships.



Center for Creative Leadership®



# Breakout Workshop

## Creating a Full Sequence - Team Workshops 30 Minutes to plan 10 Minute Sequence

Groups 1, 3, 5

Create ½ Practice with:

- 1-12

Groups 2, 4, 6

Create ½ Practice with:

- 12-23

**After 1st 30 Minutes, Groups Join Together to Share Full Sequence**

### Breakout #2 (45 Minutes)

- Group 1,3,5 Share the 10 minute Mini Sequence with Group 2,4,6
  - Following the sequence, all participants pause for 1-2 minutes to note any feedback/reactions (no conversation at this time)
- Group 2,4,6 Share 10 minute Mini Sequence with Group 1,3,5
  - Following the sequence, all participants pause for 1-2 minutes to note any feedback/reactions
- Share Feedback/Reactions to Facilitating shared within small group
- Return to Main Session
- Share insights from experience

1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



11.



12.



13.



14.



15.



16.



17.



18.



19.



20.



21.



22.



23.



# Considerations for Planning & Feedback

- Did the practice offered feel accessible to you?
  - How did you find the pace?
    - Cues
    - Movement offered
- Was the language/cueing invitational & trauma-informed?
  - Did you feel you had choice during the practice?
  - Did you feel welcome and included?

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