



Today's Live Session Agenda:

Welcome, Agenda Review - Mindfulness Share- Attachments & Responses

Demonstration - [Trauma-Informed Practice](#) Page 78

Discussion: Ishvara Pranidhana (Surrender)

Break (5 Minutes)

Group Workshop: Creating a Full Sequence

Break (5 Minutes)

Breakout Group Workshop - Sharing a Full Sequence

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.

Guiding a Class- Strength & Surrender

Class Introduction:

Share thoughts/embodied reactions to Strength & Surrender.

What do these words mean to you?

What is your current relationship with strength &/or surrender?

Guiding a Class- Strength & Surrender

Sustainability & Self Care

Truth

Reliability & Resourcing

Evolution

Nurture/Nourish

Gratitude

Trust

Health/Healing

Invitation to Connect with “Today’s”:

- Embodied Energy & Range of Motion
- Synonyms- Steadiness & Ease

Encourage Additional Pauses

- Rest
- Noticing
- Focus/Refocus

Practice: Page 78





Ishvara Pranidhana

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Defining Surrender on the Healing Path

Thoughts of Surrender

- + How do you define Surrender?
- + What thoughts or embodied sensations arise as you consider Surrender?
- + What emotions connect to ideas of Surrender?
- + What experiences might influence your perspective?

Supporting Continued Self-Study

- + What might “surrender to self” look like?
- + What connections can be made from the Bhagavad Gita? Have you experienced a personal battlefield?
- + Can I accept Me exactly as I am?
 - + What is aligned?
 - + What causes discomfort/disconnection?
 - + What can I observe to guide me to myself/continue to build relationship?
 - + A Day in the Life
 - + What Stirs? What Sticks? What Shuts Down?
 - + What can Asana & Pranayama teach me?
 - + How much of my practice is about me? What am I learning/unlearning?

Acceptance, Trust, & Gratitude... a consideration for Surrender

+ Relationship with Self

- + Non-Harm, Truth, Non-Stealing, Non-Excess, Letting Go
- + Clarity, Contentment, Discipline, Self-Study
- + Breath (natural & connected), Pause
- + Range of Motion (physical & mental)
- + Consider, Prepare, Reflect
- + Connect with the Present

+ Relationship with Others

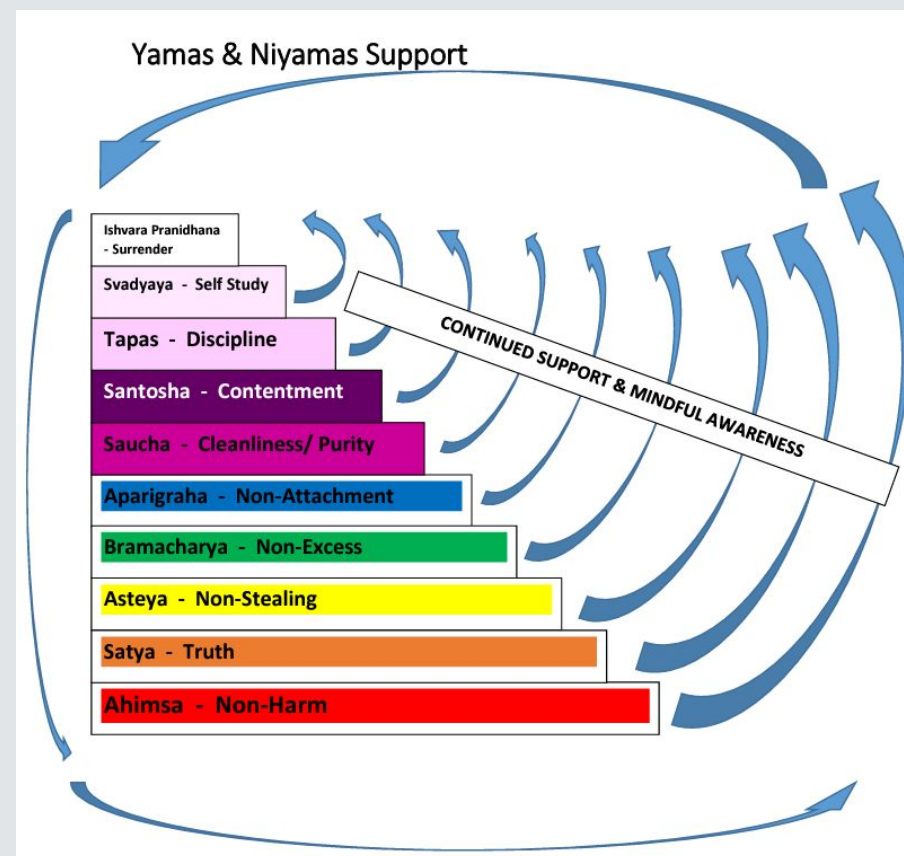
- + Non-Harm, Truth, Non-Stealing, Non-Excess, Letting Go
- + Purity, Contentment, Discipline, Self-Study
- + Breath (notice natural & supported), Pause
- + Range of Motion - Boundaries & Barriers (physical & mental)
- + Consider, Prepare, Reflect
- + Connect with the Present



Steadiness & Ease

+ How 8 Limbs of Yoga Support

- + Yamas
 - + Niyamas
 - + Pranayama
 - + Asana
 - + Pratyahara, Dharana, Dhyana
- ## + Yoga = Steadiness & Ease on the Mat
- + Safety & Foundation – Where do I feel secure?
 - + Openness & Awakening – What am/do I curious/have space to explore?



Embodied Awareness

- + Memories, Experiences, & Activations
 - + What is there to notice & learn?
- + Connecting to the Senses
 - + See, Touch, Taste, Hear, Smell
- + Steadiness & Ease
 - + Safety & Foundation – How we Respond to the World
 - + Openness & Awakening – Occurs after Safety Established

