



Yoga, Social Justice, and Leadership

a 200-Hour Yoga Teacher Certification Training

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WELCOME



Setting Intentions & Clarifying Consent



Sharing my intentions as a facilitator of this training.

Clarifying content for participation



Consider your intentions for joining this training.



How might you support these intentions in this learning environment?

“My intention is to share the practice of yoga in my community.”

“I support this intention by working to develop my skill in this learning and collaborative space”

Building Community Introductions

- **Who are you?**
- **What brings you to this training?**
- **What do you hope to learn, unlearn, or transform?**
- **How do you envision /how are you currently sharing trauma-informed yoga with others?**





In this Space We:

Honor Ourselves, One Another, & The Learning Process of All

- We hold a confidential space for all
- We recognize the path of story sharing may not be a welcome and comfortable experience for all
- We remain Present, Patient and Supportive
- We take time to Pause, Reflect, and offer clarifying questions

Consider our Contributions to Discussions:

- Why Am I Talking? What do I Wish to Say?
- Does this Contribute to the Learning Space?
- Am I sharing personal "I" statements?
- Am I contributing to creating a collaborative space for others to share?

We Practice:

- **Non-Harm**
 - We practice Non-Judgment and Explore our Personal Biases and Assumptions
 - We consider when/how we share and how words/topics may impact others
 - We practice Compassion and Empathy toward self and others
 - We approach differences of opinion with curiosity and seek opportunities to learn, teach, and collaborate
- **Truth**
 - We share statements that are truthful and pertinent
- **Non-Stealing**
 - We honor space for everyone to contribute with patience and curiosity
- **Non-Excess**
 - We resist Monopolizing Discussions
 - We utilize the Group Forum and Office Hours to deepen our individual understanding when time is limited during live sessions
- **Letting Go**
 - We pause and reflect before transitioning to new topics

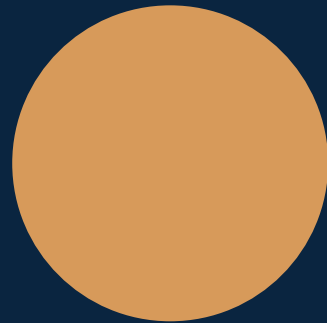
We Support our own Practice and the Practice of our fellow learners.

Reflection vs. Processing

A GUIDELINE FOR OUR TIME TOGETHER

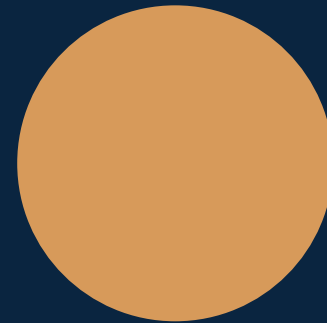
We value reflection, honesty, and lived experience.

Let's create a space that is safe, supportive, and mindful for everyone.



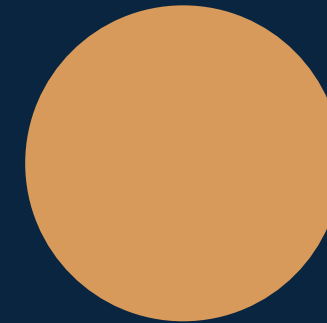
Sharing from Reflection

Share your experiences, insights, and lessons learned through the lens of yoga, mindfulness, and personal growth.



Avoid Real-Time Processing

We ask participants to avoid processing trauma in real time or sharing graphic details that may be activating for others.



Care for Yourself & Community

Share in ways that support your own well-being and the well-being of the group, honoring both live participants and those engaging through

If you find yourself needing deeper one-on-one processing or additional support, please know that you are encouraged to reach out to the Instructor or Teaching Assistant. We are here to help you navigate the learning experience and connect you with appropriate support when needed.



The Philosophy of This Training

- **Yoga Philosophy Meets Social Justice:**

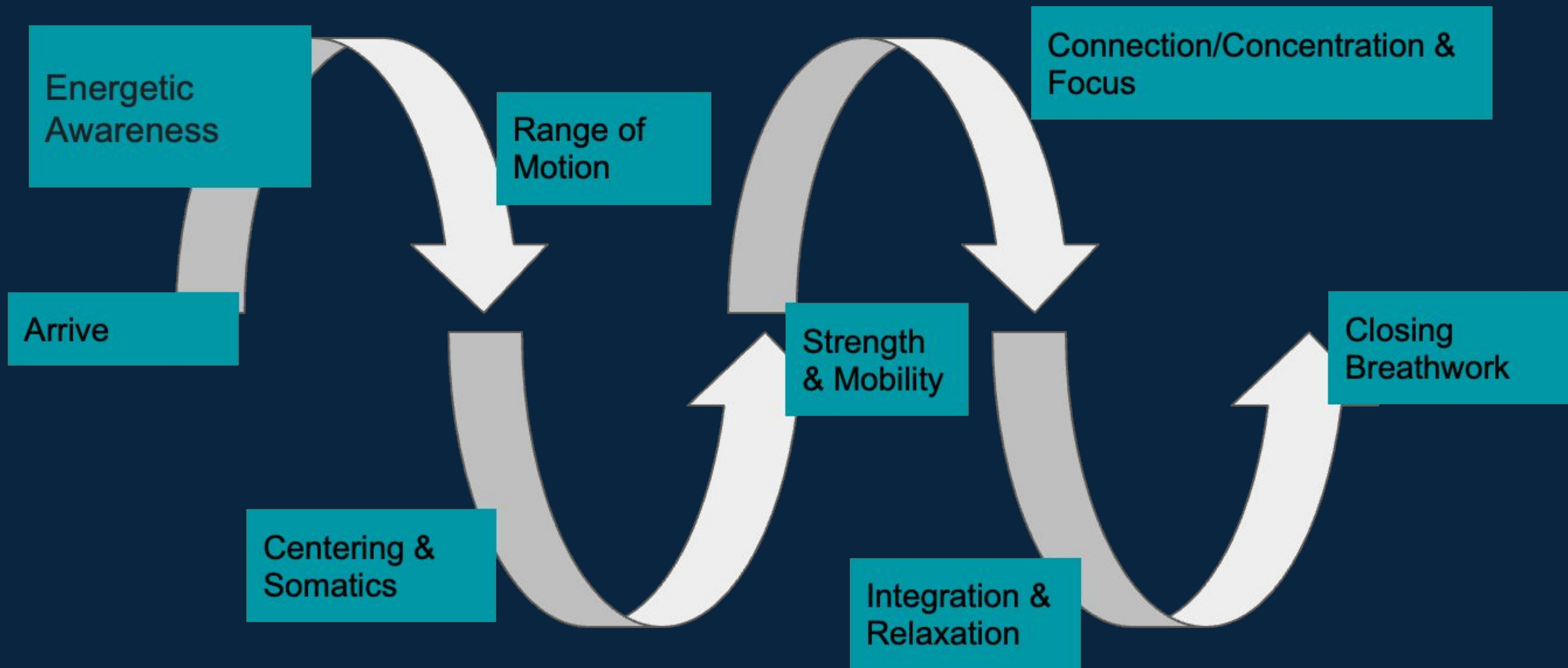
- Exploring the oneness of mind, body, and supreme essence of self.
- Addressing how trauma creates barriers to this oneness.
- The role of yoga in acknowledging generational harm—oppression, genocide, slavery, and abuse.

- **Our Approach:**

- Trauma-informed & healing-centered methodology.
- Partnering social justice with yoga studies to honor the roots and relevance of this practice.



Energetic Movement of Trauma-Informed Sequencing





Energetic Awareness

Benefits During a Physical Practice:

- Supports participants in regulating energy levels, transitioning from hyperactivation or lethargy to balance.
- Encourages connection to the present moment through grounding movements and breathwork.
- Releases excess tension or built-up energy, preparing the body and mind for deeper focus.
- Enhances somatic awareness, allowing individuals to observe their emotional and physical state.

Benefits When Navigating a Training:

- Encourages participants to balance new learning with self-awareness and existing knowledge.
- Supports focused engagement with content, avoiding overwhelm.
- Reinforces the importance of pacing and mindful attention during skill-building.
- Helps participants practice integrating learning into practical, real-world applications.



Range of Motion Exploration

Benefits During a Physical Practice:

- Gently warms up joints and muscles, reducing the risk of strain or injury.
- Increases mobility and flexibility while supporting mindful movement.
- Promotes curiosity about the body's capabilities without judgment.
- Connects breath with motion, enhancing coordination and internal focus.

Benefits When Navigating a Training:

- Encourages a flexible mindset, supporting adaptability to new ideas and methods.
- Provides a gradual transition into deeper engagement with learning materials.
- Reinforces curiosity and openness, helping participants explore the training content at their own pace.
- Highlights the importance of preparation and intentional exploration in the learning process.



Centering & Somatics

Benefits During a Physical Practice:

- 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 When Navigating a Training:

- Encourages reflection on personal reactions to 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.



Strength & Resilience

Benefits During a Physical Practice:

- Builds physical strength, stability, and mental focus through deliberate movement.
- Encourages exploration of personal limits in a safe and supported environment.
- Reinforces the connection between effort and empowerment, fostering self-confidence.
- Cultivates resilience by emphasizing progression without overexertion.

Benefits When Navigating a Training:

- Builds confidence as participants engage with challenging concepts or new facilitation skills.
- Reinforces the importance of perseverance and dedication in learning.
- Helps participants explore their personal "edge" in a way that feels safe and empowering.
- Encourages a growth mindset, fostering the ability to navigate difficulties with self-compassion.



Coordination/Connection & Focus

Benefits During a Physical Practice:

- Enhances balance and coordination, promoting right-left brain integration.
- Encourages deep concentration and mindful attention to movement.
- Allows participants to refine their awareness of the body's alignment and sensations.
- Provides an opportunity to slow down and focus inward after more active phases.

Benefits When Navigating a Training:

- Encourages participants to balance new learning with self-awareness and existing knowledge.
- Supports focused engagement with content, avoiding overwhelm.
- Reinforces the importance of pacing and mindful attention during skill-building.
- Helps participants practice integrating learning into practical, real-world applications.



Integration & Relaxation

Benefits During a Physical Practice:

- Provides deep rest and recovery for the body and mind.
- Supports the assimilation of the practice's physical, emotional, and mental benefits.
- Encourages a state of calm and clarity, reinforcing a sense of safety.
- Allows participants to reflect on and embody the lessons of the practice.

Benefits When Navigating a Training:

- Offers space to reflect on and integrate new concepts and techniques.
- Reinforces the importance of rest and restoration as part of the learning process.
- Encourages a holistic understanding of the material by connecting it to personal experience.
- Fosters a sense of completion and readiness for the next phase of training.



Certification Requirements

Attendance Expectations

- Attend ALL live sessions
- Projects required for any missed class time

Reflections

- Thoughtful responses to prompts demonstrating engagement with material.

Final Sequence

- Create and guide a 20-35 minute movement practice

Final Project

- Create original final project- art, project proposal, poem or other narrative





Final Thoughts

Our Commitment to You:

- To create a safe, supportive, and transformative learning space.
- To honor the roots of yoga while addressing present-day social justice concerns.

Your Role:

- Show up for yourself and this community.
- Explore the tools provided with curiosity and openness.

