

WELCOME!

WEEK 2

1ST HOUR



Welcome &
Agenda Review



Centering Practice



Continued
Introductions



Course Overview

2ND HOUR



Movement Lecture:

- Exploring Trauma-Informed Sequencing
- Directional Planes
- "Accessible" Postures



Breakout Room



Group Discussion

3RD HOUR



Lecture:

Honoring the History of
Yoga in Modern Day
Application
(Healing-Centered Yoga)



Breakout Room



Group Discussion



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 we 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.



Session Schedule

Weekly Meetings: Thursdays @ 3pm EST June 11 - Oct 15
Required

Guest Lecture Series: TBD

Optional

Final Practice Sequence: Sept 14 - Oct 14

Required



Graduation! Oct 15 @ 3pm EST





Course Structure Overview

Program Timeline:



Week 1

Orientation & Community Foundations



Week 2 - 15

Modules 1 - 13
Integrated Yoga Philosophy, Trauma Theory, Anatomy, Sequencing, and Facilitation Skills.



Weeks 16 - 18

Review, Integration, Posture Library Practice & Final Practicum Preparation

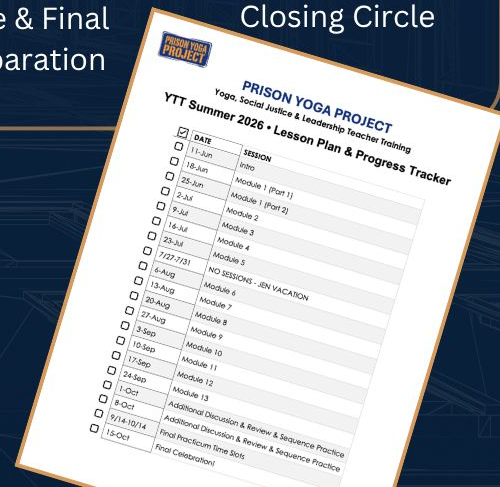


Week 19

Final Celebration & Closing Circle

Each Live Session Blends:

- Discussion & Inquiry
- Embodied Movement Practice
- Practical Facilitation Skill-Building
- Breakout-Based Teaching Application



TIME FOR A PAUSE

05:00



Breakout Room Sessions

MOVEMENT LECTURE




1. Experience the Practice

- Notice emotional and physical responses.
- Pay attention to facilitation choices.
- Listen for trauma-informed language.
- Observe how options and modifications are offered.



2. During the Session (Timeline)

1st 5 Minutes:

- Reintroduce yourselves.
- Share one aspect of the sequence that stood out.
- Identify one trauma-informed teaching strategy you noticed.
- Discuss how choice, agency, and autonomy were offered.

Next 10 Minutes:

- What was the intention of the sequence?
- What trauma-informed strategies stood out?
- What modifications were offered?
- What additional options could be included?

Final 10 Minutes:

Discuss

- What would you keep, change, or adapt?

Practice

- Re-teach a portion of the sequence.
- Test trauma-informed language.
- Explore modifications for different populations.



3. Closing & Group Sharing

- Select one key insight from your discussion or practice.
- Volunteer a representative to share with the larger group.
- Share one teaching strategy, modification, or adaptation your group explored.
- Reflect on how today's movement practice informs your future teaching.



Honoring the History of Yoga in Modern Day



Healing-Centered Yoga



Discussion Points of Today's Session:

- Things to Consider
When Studying Yoga
for Healing



Exploring the PYP Methodology



Practical Application:

- Mindfulness Practice
- Observing Somatic
Experience



Considerations for Practicing Mindfulness During Session Discussions

Utilize the Tools of Yoga:

- Bring Awareness to Your **Embodied Energy** throughout the Discussion
- Explore Your **Range of Motion** for the Topics Offered
- Take time to **Pause, Consider, Contribute** or **Journal**
- Respect Your **Personal Capacity** as well as Others'
- Bring Your full Attention and Intention as Self Support
- Take time to **Sit with the Material**
- DO NOT RUSH... **Rest & Replenishment**

Additional Opportunities to Notice:

- your embodied reactions
- the words you hold back / the words you consider
- questions, clarifications, & additions
- stirred memories
- emotions / fluctuations

Consider a Journal!

- After each lecture, there will be space for small group and large group discussions. Taking note of what comes up for you may support how you wish to share with the group.
- Request a group pause or take a personal pause.
- Raise hand/join with voice to share comment/question.
- Practice Mindful Connection and Energy Focus - "Energy Goes Where Thoughts Go" w/ Lisa M.



Navigating Mindfulness Practices

Distractions | Barriers Obstacles

*Present Time & Anticipation
of US Government
(global/local impact)*

*Human
History*

Harm

Want

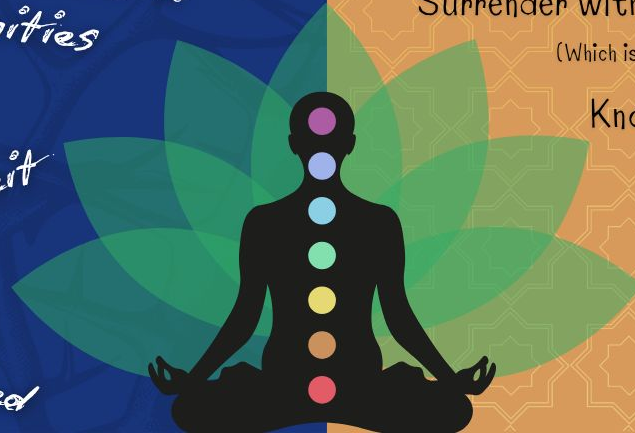
*Lack of Resources &
Opportunities*

*Human
Experience*

Rumination

Lies / Manipulation / Deceit

Desensitized



Support of Yoga

Consideration

Truth

Contentment

Support

Love

Non-Stealing

Discipline

Unconditional Positive Regard

Self-Study

Non-Excess

Non-Attachment

Clarity/Purity

Surrender with Full Heart & Eased Mind

(Which is ultimate Non-Attachment)

Celebration

Knowledge

Community

Gratitude

Skill in Action

Devotion



Balance



At the Mercy of Prophets & Scribes



Every story in our human history is subject to who documented the story, who translated, who remembered, who interpreted... for thousands of years over all of the continents. We are living now based on what those before us chose to save and pass on.

And now we have the **Social Media** Kerfuffle...



Perception & Intention

On and Off the Mat



Samskara & The Kleshas



Samskara

Mental Impressions

The accumulation of past experiences and actions that form Mental and Emotional Patterns.

Pavlov's Conditioning Theory:



The Kleshas Afflictions



Obstacles on the path of Yoga
that cause suffering

Avidya (Ignorance)

Asmita (Egoism)

Raga (Attachment)

Dvesha (Aversion)

Abhinivesha (Fear of Death)

PAUSE & NOTICE

Consider and Reflect



Exploring Yoga as Service: Post-Lineage & Trauma-Informed



Prison Yoga Project favors a Post-Lineage, Participant Centered, and Trauma-Informed approach, shifting from historical Guru-led hierarchies.

Post-Lineage Yoga:

(defined by Theodora Wildcoft)

- Rejects universal truth in single texts or modern alignments.
- Re-situates practice in community and socio-political context.
- Privileges peer networks over guru-disciple hierarchies.



Theodora Wildcroft



Ethnographer, Scholar, and Yoga Practitioner who coined the term, defines “post-lineage yoga” in the following way:

- [Post-lineage yoga] rejects the idea that any individual yogic text or modern alignment paradigm can hold complete universal truth, and rejects unquestioning allegiance to a single deity in the form of a living or historical figure. It rejects the common practice of attributing any harm caused within the practice to defects in the practitioner, and seeks to re-situate the practice in community, and socio-political contexts. Post-lineage yoga is a re-evaluation of the authority to determine practice, and a privileging of peer networks over pedagogical hierarchies, or sanghas (communities) over guru-śiṣya (teacher-adept) relationships.



Theodora Wildcroft

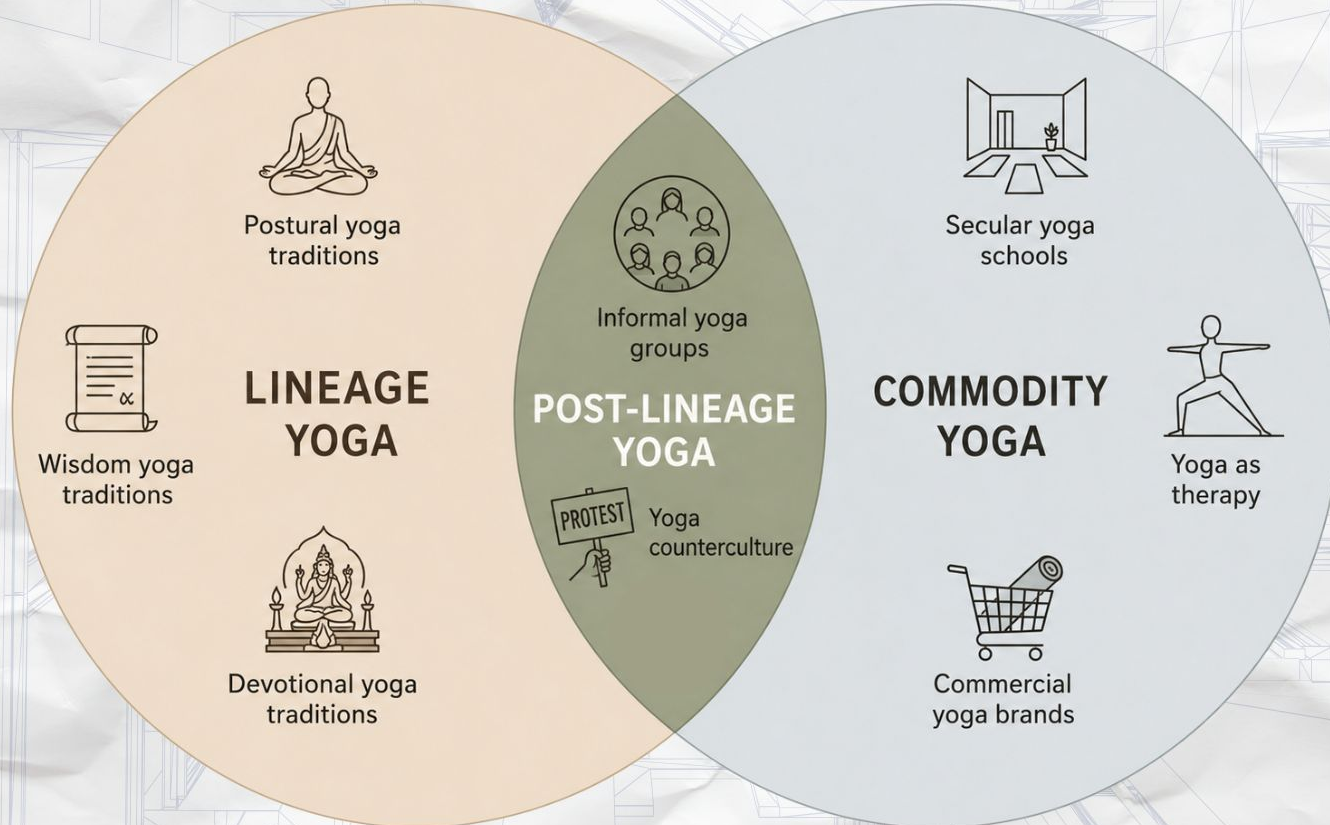
“Post-Lineage” Key Principles:



- No single source of universal truth
- Resistance to centralized authority
- Yoga as living and contextual
- Personal accountability and collective responsibility
- Radical truth-telling about systems of harm
- Practice rooted in relationship and context
- Peer learning over pedagogical hierarchy
- Sangha over guru-śiṣya
- Ethical inquiry as practice
- Supports clarity and action



Post-Lineage Yoga: Intersecting Traditions & Modern Context



PAUSE & NOTICE

Consider and Reflect

Breakout Room Sessions



1. Preparation & Reflection

- Pause to collect your thoughts about the discussion.
- Take 5 minutes to write down new thoughts/reactions & review notes.
- Choose one resonating thought, reaction or question to share.



2. During the Session (Timeline)

- **1st 5 Minutes:**
Reintroduce yourself! Share your name, preferred pronouns & a few hopes you have for sharing this practice.
- **Next 10 Minutes:**
Take in turn to share the topics. Pause again to reflect on offers. Ask clarifying questions.
- **Final 10 Minutes:**
Explore where the conversation may go. Honor the contributions. Note your own emotional and embodied reactions.



3. Closing & Group Sharing

- Prior to close, select one aspect of your discussion to share with the larger group.
- Volunteer or nominate a representative.
- Plan to share your contribution in turns if needed.



4. Continue the Conversation

- Stay engaged, listen actively, and build on each other's insights.



Why Healing-Centered Trauma-Informed Yoga?



Focuses on the Needs of the Individual

- Non-Judgmental, releasing biases & assumptions.
- Seeing, hearing, understanding, providing.



Supporting Confidence, Competency, & Inclusivity

- Accessible practice
- Access to programs
- Accessible postures and language



Promotes & Supports Sustainable Healing



Compliments Mental & Physical Healing Modalities

- Participant driven





Science of Healing-Centered Trauma-Informed Yoga



Nervous System & Body Support

- Calibration (regulation) of the Nervous System.
- Re-associating mind and body awareness.



Skill Building & Regulation

- Developing “Muscle Memory” for self-soothing, impulse control, and present moment engagement.
- Combining breath, range of motion movement, endurance training, balance work, and relaxation to identify embodied survival strategies and find individual regulation.



Emotional & Social Growth

- Identifying embodied sensations/emotions on the mat for support off the mat.
- Building empathy, compassion, self-care, and self-advocacy.





The Goal of this Approach is to Offer an Immersive Somatic Experience with the Objectives of:

- Awakening and strengthening embodiment through interoception (inward seeing)
- Discharging accumulated tension
- Developing resilience to stress and trauma
- Cultivating tools for self-regulation; managing states of hyper-/hypo-arousal
- Experiencing the present moment and the passage of time
- Practicing personal empowerment; taking effective action and making choices
- Strengthening self-awareness and the capacity for insight
- Building relationships and community; empathy and compassion



Noticing the Elements

Weekly Mindfulness Practice

Consider:

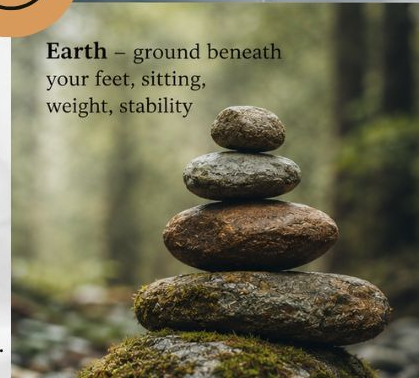
- What do you notice about your embodied energy during these moments?
- Do you feel more settled, alert, grounded, or open?
- What shifts when you pause, even briefly?



Water – washing hands, drinking, rain, bathing



Air – breath, wind, temperature shifts



Earth – ground beneath your feet, sitting, weight, stability



Fire/Heat – sunlight, warmth, cooking, internal energy

Reflection (optional):

- How might simple moments of connection with the elements support your mindfulness practice?
- How could this awareness be offered, gently and accessibly, to others?

These pauses can be seconds long. Small moments of noticing count.

