

WELCOME!

WEEK 3

1ST HOUR

Welcome
& Agenda Review

Mindfulness Observations (Optional)

Centering Practice

Lecture:
**Exploring Anatomy for
Yoga Practice**

2ND HOUR

Movement Lecture:
Introducing Healing Centered Yoga

Breakout Room

Group Discussion

3RD HOUR

Lecture:
**Introducing The 8 Limbs of Yoga
& The Yoga Sutras**

Breakout Room

Group Discussion

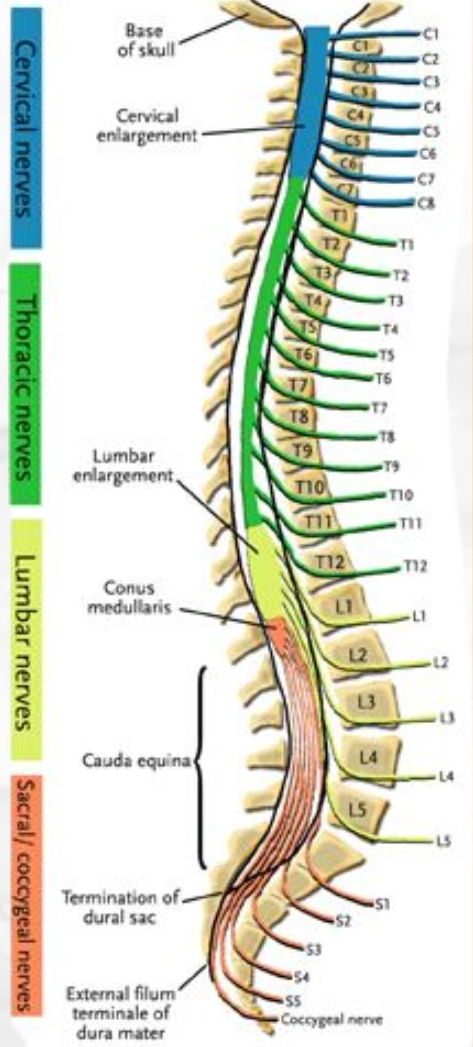
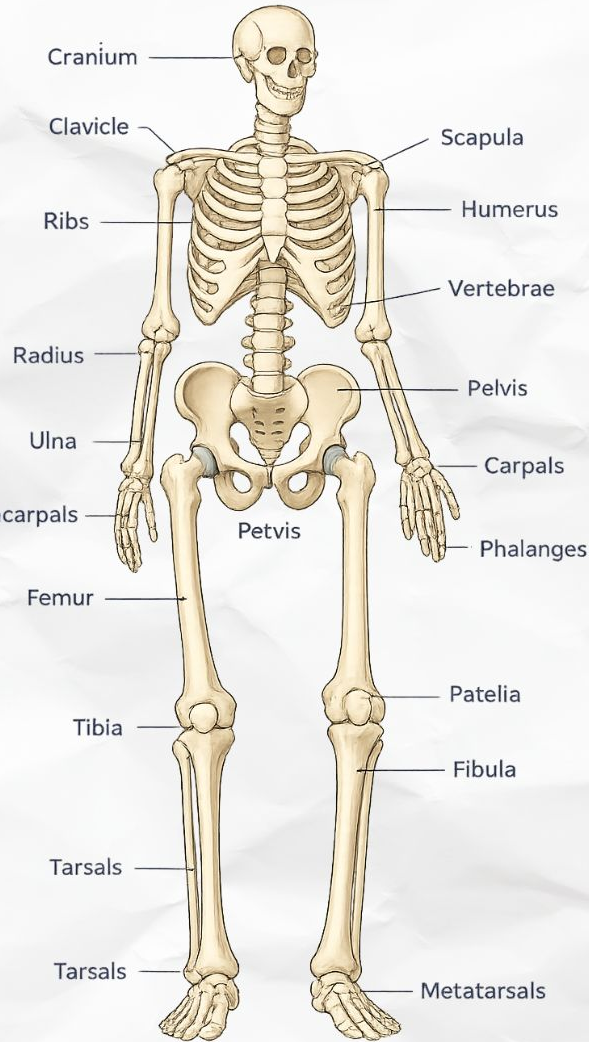
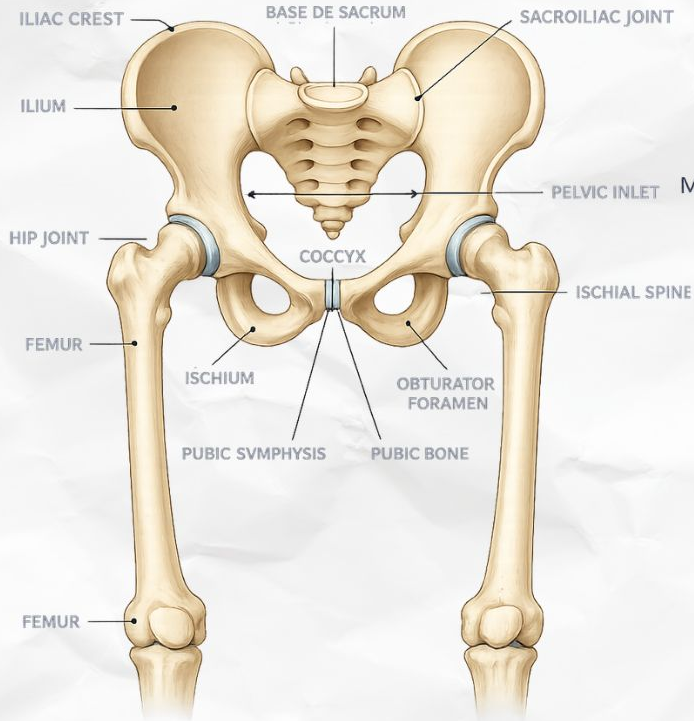


Exploring Anatomy for Yoga Practice

"Skeletal and Muscular Systems"



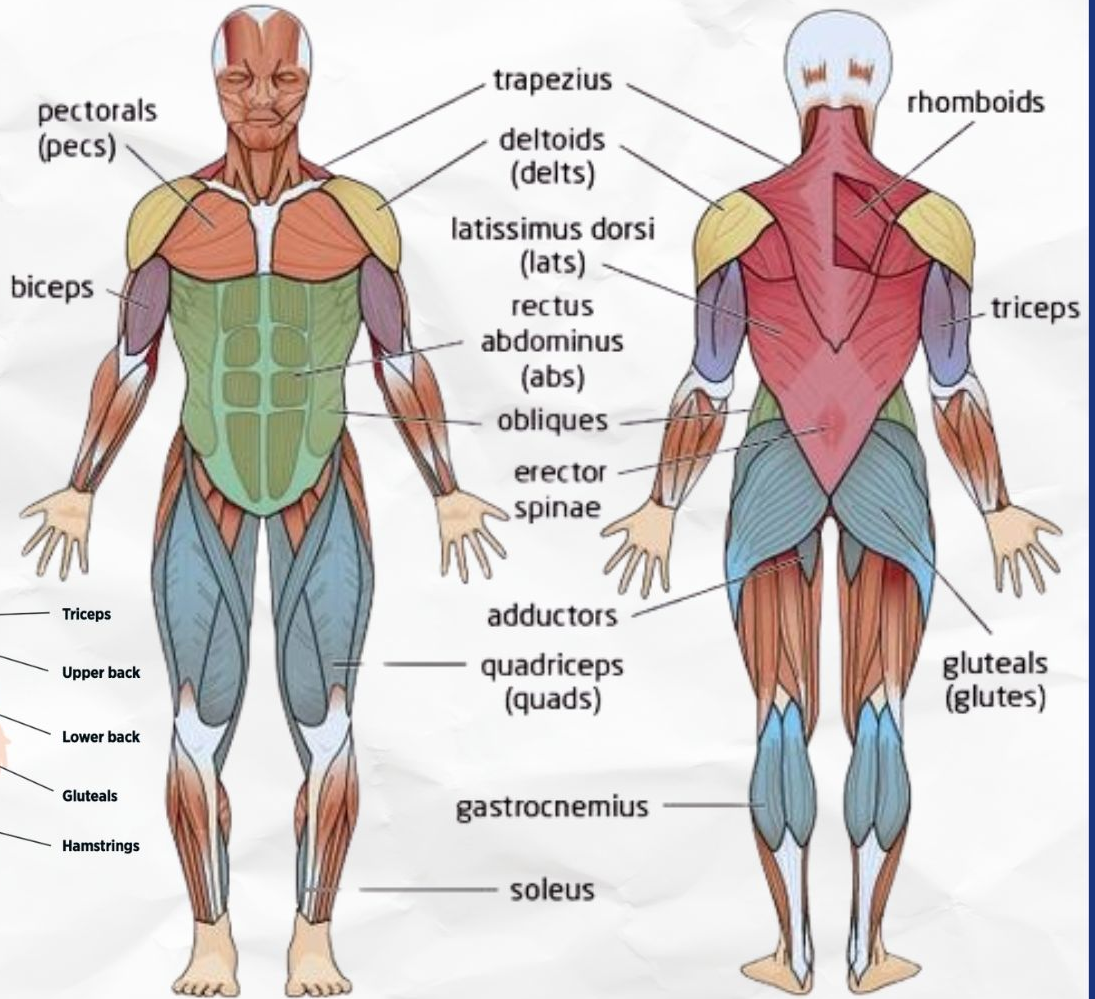
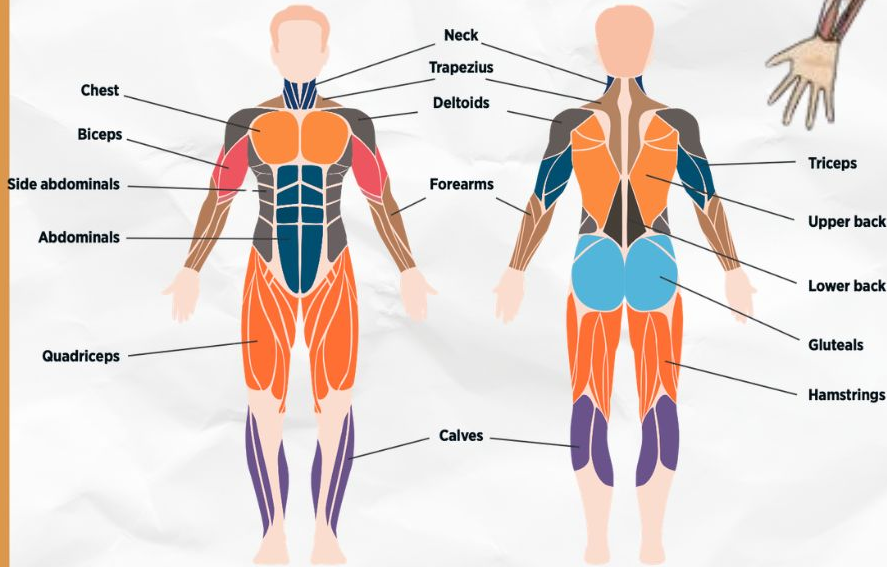
Skeletal System





TED Ed
LESSONSWORTH**SHARING**

Muscular System



Antagonistic muscle pairs:



When we bend the elbow (flexion) the biceps contract and the triceps relax

Agonist = Biceps

Antagonist = Triceps

E.g. upward phase of a bicep curl



When we straighten the elbow (extension) the triceps contract and the biceps relax

Agonist = Triceps

Antagonist = Biceps

E.g. Straightening the arm to punch

Other antagonistic pairs include:

- Quadriceps & Hamstrings
- Hip flexors & Gluteus Maximus
- Gastrocnemius & Tibialis Anterior

Muscular contractions:

Isotonic muscle contractions are those that result in movement e.g. running and jumping

Isometric muscle contractions are when the muscle contracts but no movement e.g. holding a balance

Concentric & eccentric isotonic contractions:

Concentric muscle contraction is when the muscle shortens during the contraction (positive/upward phase)

Eccentric muscle contraction is when the muscle lengthens during the contraction (negative/downward phase)



Upward phase of a bicep curl














biceps are contracting concentrically



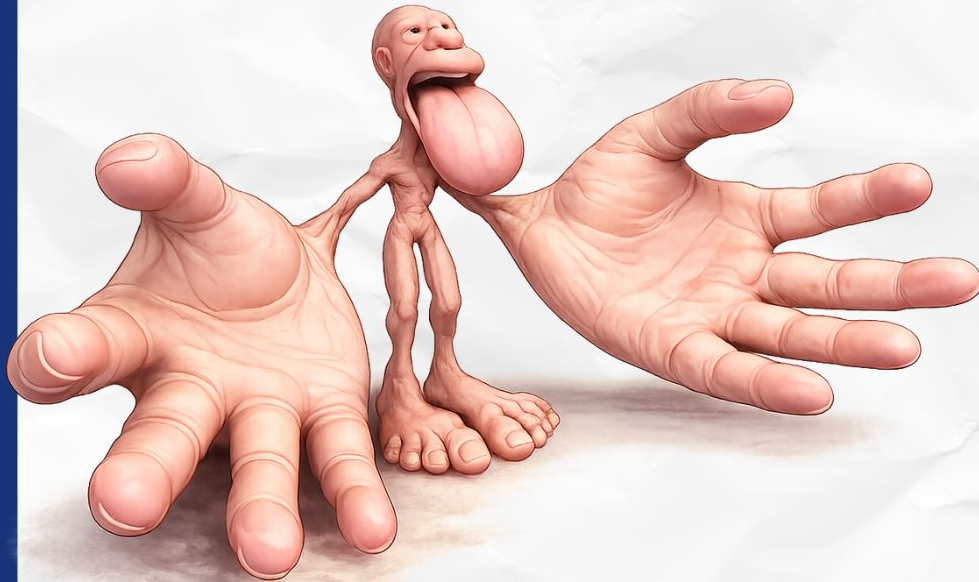
Downward phase of a bicep curl

biceps are contracting concentrically

Muscles and Their Function

Muscle	Location	Function	Sporting Example	Muscle	Location	Function	Sporting Example
 Deltoid	muscle on the upper arm and top of shoulder	Move the upper arm (shoulder) in all directions	Serve in tennis Front Crawl Cricket Bowling	 Gluteus Maximus	Form the buttocks	Adducts & extends the hips pulling the leg backwards	Pull leg back before kicking a ball
 Latissimus Dorsi	Back muscle from the lower spine to the upper arm.	Adducts and extends the arm at the shoulder	Butterfly stroke Pull ups Rowing stroke	 Hip Flexors	Front of the hip	Flexes the hip, moves the hip upwards	Lifting knees when sprinting
 Rotator Cuff	On the scapula in the shoulder	Rotation of the shoulder	Bowling in cricket Swimming front crawl	 Quadriceps	Front of Upper Leg	Knee extension (straightening)	Kicking a ball Jumping upwards on a lay-up shot
 Pectoralis Major	Muscle covering the chest	Adducts the arm at the shoulder	Forehand shot Hand off in rugby Boxing hook	 Hamstrings	Back of Upper Leg	Knee flexion (bending)	Bending knee before kicking a ball
 Abdominals	Side of the abdomen	Pulls the chest downwards Flexion of spinal column	Crunches	 Gastrocnemius	Calf muscle, attached by the Achilles tendon	Plantar flexion, points the toes	Running Diving and gymnastics
 Biceps	Front of Upper Arm	Elbow flexion (bending)	Boxing Uppercut Preparing to Throw a javelin	 Tibialis Anterior	Muscle that runs down the shin	Dorsi flexion, pulls toes upwards	Ski jumping Hurdling
 Triceps	Back of Upper Arm	Elbow extension (straightening)	Throwing a javelin Hand off in rugby Boxing Jab				

The Motor Homunculus



The nervous system allocates brain power according to need. Regions of the body requiring high levels of conscious dexterity have larger representations in the brain, with more circuitry and a greater number of neurons per muscle group. The hands and tongue are examples of such regions. The postural muscles, such as the psoas and gluteus maximus, have a much smaller representation.

Scientists have mapped the areas of the brain devoted to given regions of the body, creating what is called a homunculus or “little man.” This map is drawn from the motor cortex of the brain (highlighted in blue on the previous page). A similar map exists for sensory function.

Examining the homunculus reveals that the amount of brain power allocated to the thumb is greater than that for the entire pelvic region. The brain is dynamic and malleable. Although the number of individual neurons does not increase, circuitry is rapidly formed between existing neurons to meet new demands. This is the basis for muscle awakening and body clairvoyance in yoga. As our practice progresses, our body consciousness expands.

PAUSE & NOTICE

Consider and Reflect



MOVEMENT LECTURE

Introducing Healing Centered Yoga

TIME FOR A PAUSE

05:00



Psoas and Quadriceps Stretch

part two: practice

Use Part Two to learn about the specific poses.

Muscles that are activating (contracting) are colored blue and muscles that are stretching are red. Most poses also have an inset image detailing some aspect of the musculoskeletal system in that particular pose.



Figure 7: The back hip extends and the knees flex, stretching the psoas, pectineus, rectus femoris, sartorius and adductors longus and magnus. Contracting the back leg gluteals intensifies the stretch of the hip flexors. Bending the front knee, flexing the front hip, and lifting the torso also intensifies the stretch. Attempting to draw the back knee toward the front foot for a few moments creates a facilitated stretch, stimulating the Golgi tendon organs of the muscles that are stretching.





Tadasana: Mountain Pose

Tadasana is the pose that precedes and follows the other standing poses. It is as though we have climbed to a plateau to gauge the transformative effects of our practice and collect our muscle-thoughts before continuing our ascent.



Synergizing/Activating

Pelvis and Legs

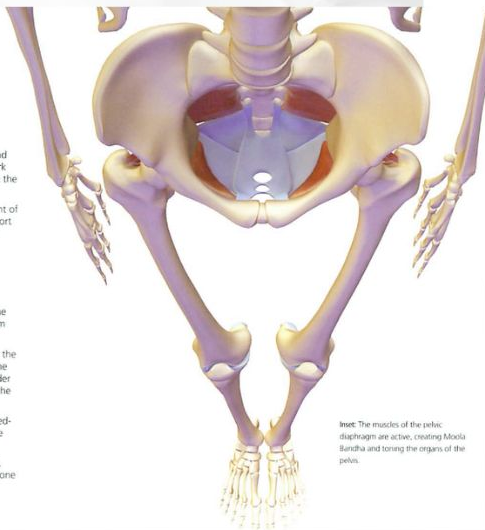
1. The muscles that keep the pelvis upright, like a bowl, are located front and back. At the front of the pelvis is the psoas and at the back, the glutei or buttock muscles. The pelvis is kept balanced because the psoas flexes the thigh, and the glutei make the thigh lengthen, or extend. These two muscles balance each other.
2. If the legs tend to turn outward, the tensor fascia lata and the front part of the gluteus medius muscles at the front and highest point of the hip bones work to turn them inward.
3. The quadriceps muscles down the front of the thighs shorten to straighten the knees.
4. The calf muscles are working quietly to balance the ankles on the feet, the bedrock of the mountain pose.
5. And all this time, the muscles on the top and bottom of the foot balance each other, grounding the pose.

Trunk

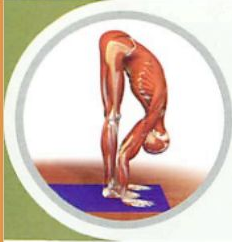
1. The erector spinae (deeper back muscles) extend from the skull to the base of the spine and work with the muscles in the small of the back to lift the spine and hold you upright.
2. The abdominal muscles (running down the front of the trunk) work with the back muscles to support and balance the torso. Together, they create a tube around the torso and draw the rib cage downward.

Shoulders and Arms

1. The lower part of the trapezius, which spans the back, draws the shoulders down and away from the ears, lifting the chest.
2. The muscles connecting the shoulder blades to the spinal column, the rhomboids, combine with the middle part of the trapezius to draw the shoulder blades towards the midline. This action opens the front of the chest.
3. The pectoralis minor muscle contracts in a closed-chain fashion to lift the lower ribs and open the chest.
4. Two muscles, the infraspinatus and teres minor, connect the shoulder blade to the upper arm bone and roll the arms outward.
5. The triceps straighten the elbows.



Note: The muscles of the pelvic diaphragm are active, creating Moola Bandha and toning the organs of the pelvis.



Uttanasana: Intense Forward-Bending Pose

Uttanasana is a symmetrical pose, offering the opportunity to identify asymmetry and imbalances between the two sides of the body. It is also a form of inversion, since it takes the head below the heart and is used during periods of rest in the practice.

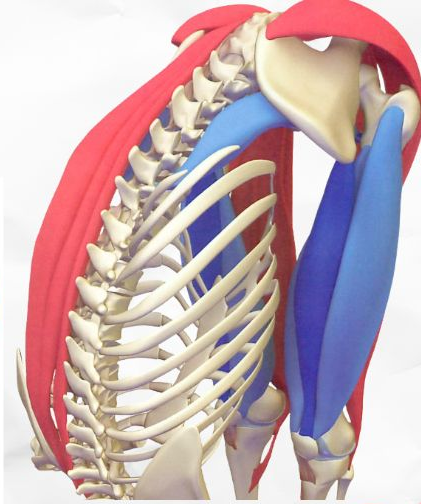
Synergizing/Activating

Pelvis and legs

1. The psoas, pectineus, and rectus femoris flex the hips and tilt the pelvis slightly forward.
2. The front part of the gluteus medius and the tensor fascia lata combine to turn the hips slightly inward so the kneecaps face directly forward.
3. The quadriceps, the large muscles down the front of the thighs, contract to straighten the knees. This action creates reciprocal inhibition, relaxing the muscles on the back of the thigh (the hamstrings).
4. The thighs are drawn together by the adductor muscles on the inside of each thigh.

Trunk and Shoulders and Arms

1. The large band-like muscle on the front of the abdomen, the rectus abdominus, contracts to bend the trunk forward.
2. The lower part of the trapezius, which spans the back, draws the shoulders away from the neck.
3. The front part of the deltoids moves the shoulders forward. The biceps bend the elbows. When the hands are fixed on the ground, these actions push the trunk deeper into the pose.





Virabhadrasana I: Warrior I

This fundamental standing pose is a type of lunge with the torso extending and the chest opening upward. Though still, it suggests disciplined muscle energy, waiting to be unleashed.

Synergizing/Activating

Pelvis and Legs

1. The buttock muscle of the back leg extends and turns the hip outward.
2. The tensor fascia lata works with the gluteus medius to move the femur away from the center line (abduction). At the same time, they offset the action of the buttock muscle in turning the hip, in its socket, outward by rotating the thigh bone inward.
3. The large muscle along the inside of the thigh, the adductor magnus, extends and moves the thigh bone toward the center line.
4. The quadriceps straightens the knee.
5. The muscle along the front of the shin, the tibialis anterior, shortens to allow the ankle to bend and stretches the back leg calf muscles, as well as those along the outside of the shin, the peroneus longus and brevis.
6. At the same time, the front leg bends at the hip, aided by the shortening of the psoas and the pectineus. Balance is assisted by the sartorius bending the hip and turning the thigh outward.
7. The front leg quadriceps muscles contract to support the body weight.
8. Muscles along the outer aspect of the shin, the peroneus longus and brevis, turn the ankle and the front foot slightly outward, pressing the ball of the foot into the floor.
9. The calf muscle presses the sole of the foot into the floor.

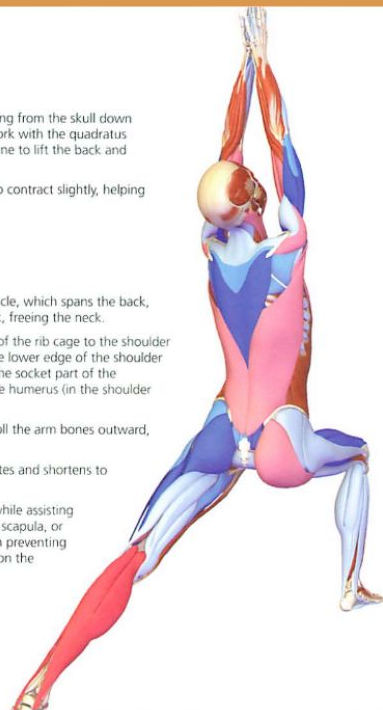


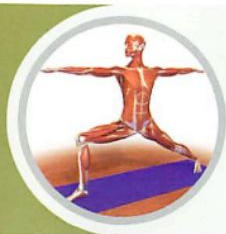
Trunk

1. The erector spinae muscles, stretching from the skull down to the backbone near the pelvis, work with the quadratus lumborum muscle in the lumbar spine to lift the back and arch it slightly.
2. The rectus abdominus is engaged to contract slightly, helping protect the lower back.

Shoulders and Arms

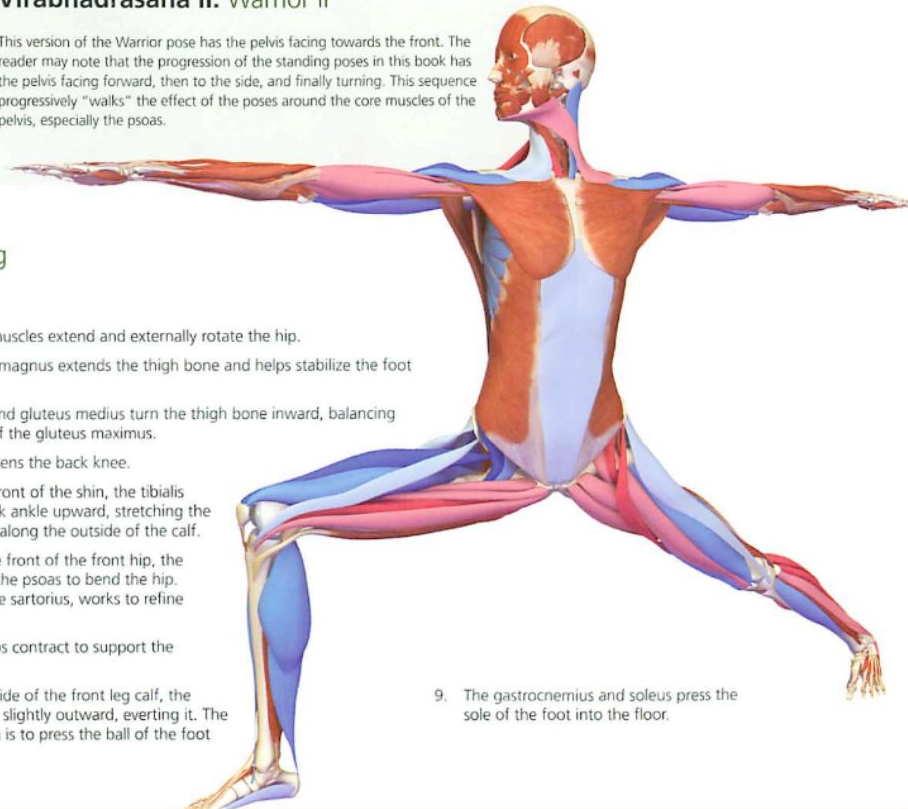
1. The lower part of the trapezius muscle, which spans the back, draws the shoulders down the back, freeing the neck.
2. The muscles running from the side of the rib cage to the shoulder blade, the serratus anterior, turn the lower edge of the shoulder blade outward. This action moves the socket part of the shoulder joint under the head of the humerus (in the shoulder joint).
3. The infraspinatus and teres minor roll the arm bones outward, opening the chest.
4. The front part of the deltoids activates and shortens to raise the arms.
5. The triceps straighten the elbows, while assisting the serratus anterior in rotating the scapula, or shoulder blade. This action assists in preventing impingement of the humeral head on the acromion process of the scapula.





Virabhadrasana II: Warrior II

This version of the Warrior pose has the pelvis facing towards the front. The reader may note that the progression of the standing poses in this book has the pelvis facing forward, then to the side, and finally turning. This sequence progressively “walks” the effect of the poses around the core muscles of the pelvis, especially the psoas.



Synergizing/Activating

Pelvis and Legs

1. The back-leg buttock muscles extend and externally rotate the hip.
2. The back-leg adductor magnus extends the thigh bone and helps stabilize the foot on the floor.
3. The tensor fascia lata and gluteus medius turn the thigh bone inward, balancing the turning-out force of the gluteus maximus.
4. The quadriceps straightens the back knee.
5. The muscle along the front of the shin, the tibialis anterior, bends the back ankle upward, stretching the calf muscles and those along the outside of the calf.
6. The muscle high on the front of the front hip, the pectineus, works with the psoas to bend the hip. A muscle mid-thigh, the sartorius, works to refine this action.
7. The front leg quadriceps contract to support the body weight.
8. Muscles along the outside of the front leg calf, the peronei, turn the ankle slightly outward, everting it. The net effect of this action is to press the ball of the foot down.
9. The gastrocnemius and soleus press the sole of the foot into the floor.

Trunk

1. The erector spinae (muscles that flow the length of the spine) and the quadratus lumborum (in the lower back) lift the back and arch it slightly.
2. The muscle down the trunk from the chest to the pubic bone, the rectus abdominus, contracts slightly to protect the lower back.

Shoulders and Arms

1. The deltoids raise the arms, and draw them slightly backward to open the chest. The supraspinatus muscle of the rotator cuff initiates the action of raising the arms.



Inset: The erector spinae muscles lift the torso and the rhomboids draw the scapulae towards the midline.

2. The middle portion of the trapezius and the rhomboids draw the shoulder blades toward the midline. Stabilizing the shoulder blades and then activating the pectoralis minor muscle lifts the ribs and expands the chest.
3. The lower portion of the trapezius draws the shoulders down the back, away from the neck.
4. The muscles along the back of the upper arm, the triceps, straighten the elbows.



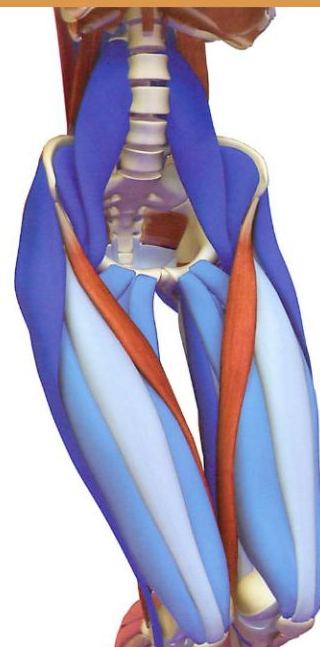
Utkatasana: Chair Pose

Utkatasana is one of the symmetrical standing poses and is a natural progression from the Mountain Pose, Tadasana. It suggests potential energy to be unleashed. Utkatasana strengthens a number of the core muscle groups including the muscles that flex the pelvis, the quadriceps and the lower back muscles.

Synergizing/Activating

Pelvis and Legs

1. The hip flexors, including the psoas, pectineus, rectus femoris and sartorius hold the femur in a slightly flexed position. The gluteus maximus counters this action. This combination of flexion and extension of the pelvis stabilizes the pose.
2. The quadriceps are active, holding the knees in partial flexion.
3. The adductor group draws the knees together.
4. The tibialis anterior muscles draw the top of the feet towards the shin.
5. The gastrocnemius and soleus muscles eccentrically contract to ground the sole of the feet on the floor.



Trunk

1. The quadratus lumborum activates to arch the lower back. The erector spinae muscles synergize this action.
2. The psoas provides a counterbalance to the lower back muscles, aiding to protect the lumbar spine.
3. The rectus abdominus is active, tethering the ribcage to the pelvis and preventing the ribs from bulging forward in the pose.

Shoulder and Arms

1. The middle trapezius and rhomboids combine to draw the scapula towards the mid-line of the back and open the chest.
2. The lower portion of the trapezius draws the shoulders away from the neck, freeing the cervical spine to extend.
3. The infraspinatus turns the shoulders outward.
4. The anterior deltoids activate to lift the arms over the head.
5. The triceps extend the elbows.

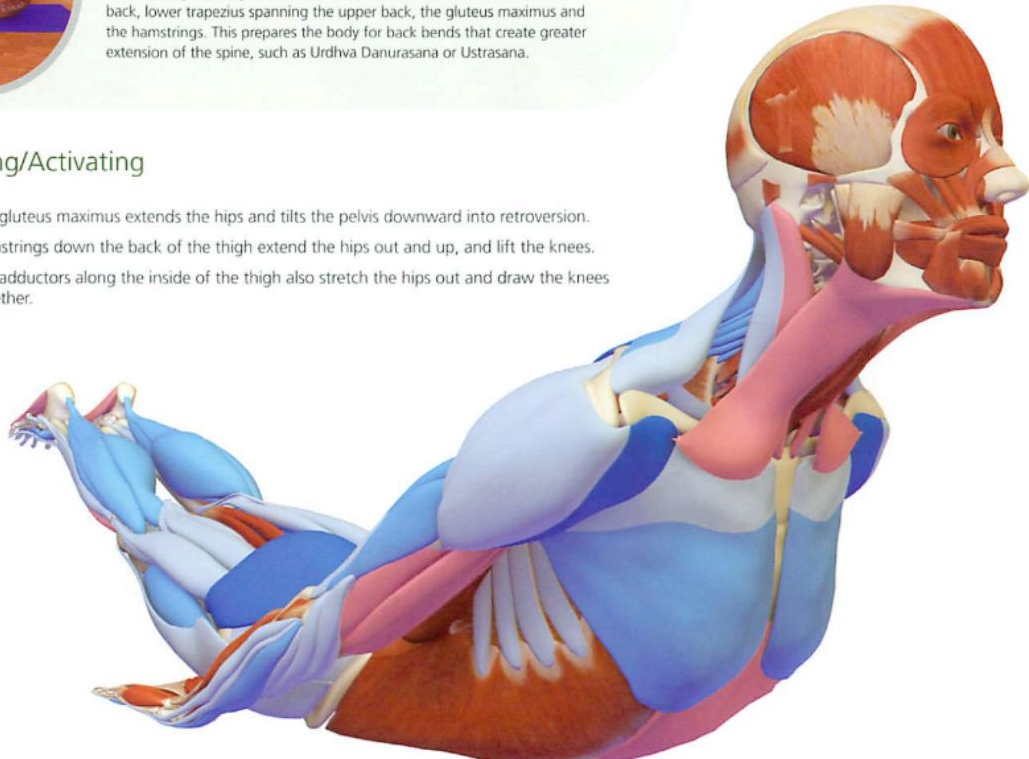


Salabhasana: Locust Pose

Salabhasana strengthens the muscles that arch the back, including the erector spinae along the length of the spine, quadratus lumborum in the lower back, lower trapezius spanning the upper back, the gluteus maximus and the hamstrings. This prepares the body for back bends that create greater extension of the spine, such as Urdhva Danurasana or Ustrasana.

Synergizing/Activating

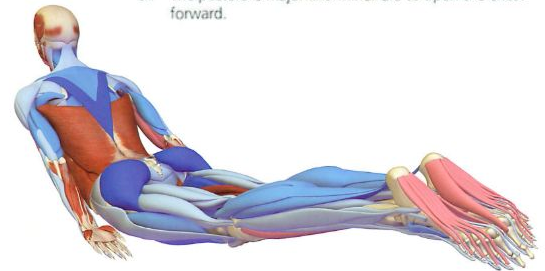
1. The gluteus maximus extends the hips and tilts the pelvis downward into retroversion.
2. Hamstrings down the back of the thigh extend the hips out and up, and lift the knees.
3. The adductors along the inside of the thigh also stretch the hips out and draw the knees together.



Inset: Illustrating the stretch of the deep hip flexors—the psoas, pectineus and adductor longus.



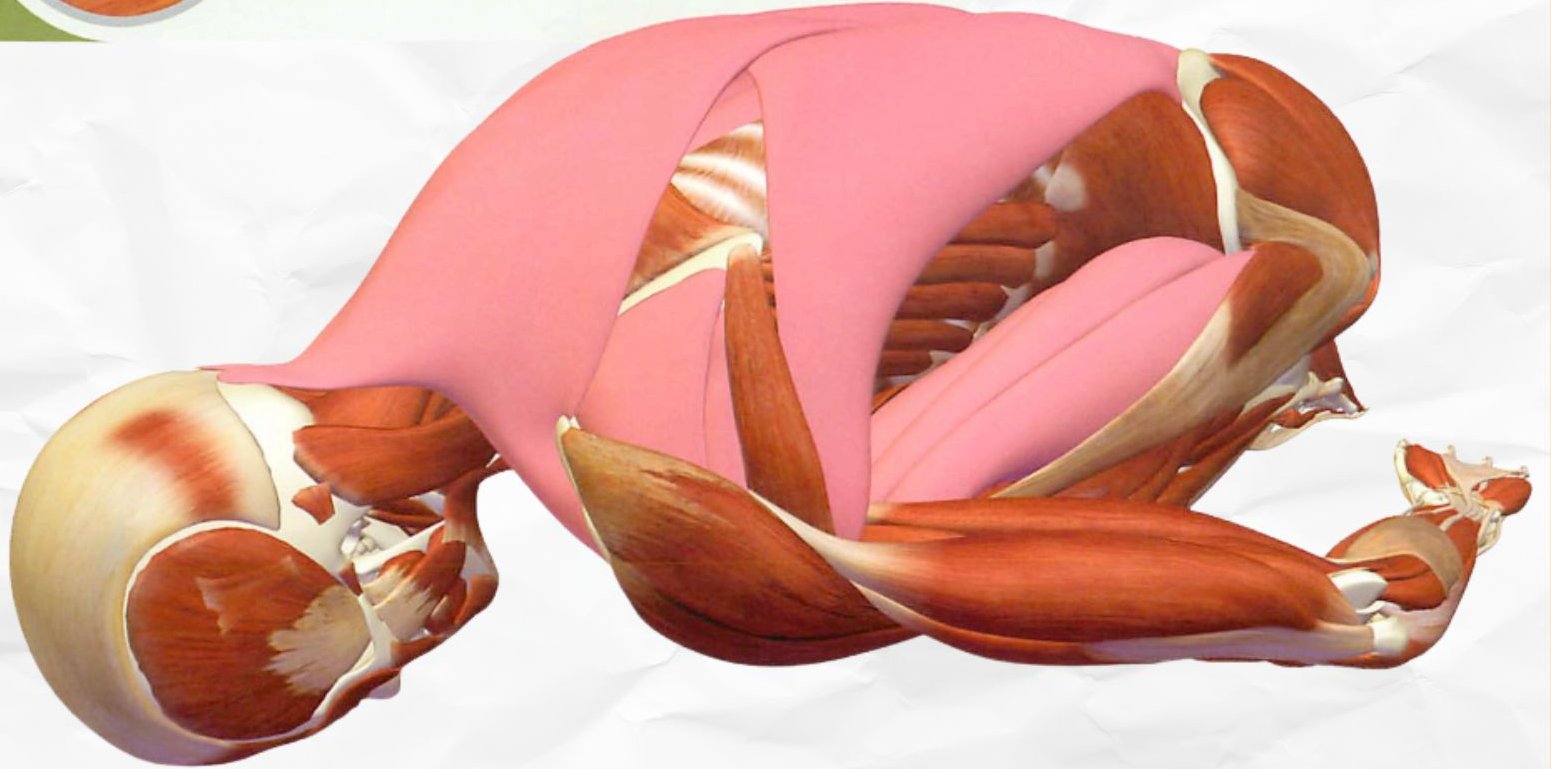
4. The quadriceps straighten the knees.
5. The erector spinae along the length of the spine arch the back.
6. The lower trapezius, spanning the back, draws the shoulders back and down.
7. The posterior deltoids across the back of the shoulders stretch them back toward the spine.
8. The triceps straighten the elbows.
9. The pectoralis major and minor aid to open the chest forward.





Balasana: Child's Pose

Balasana is a resting pose that can be used at any time one feels fatigue during practice. It gently relaxes the muscles on the front of the body while passively stretching the muscles of the back. This action releases the internal organs forward and opens the back of the thorax and lungs.



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.



TIME FOR A PAUSE

05:00

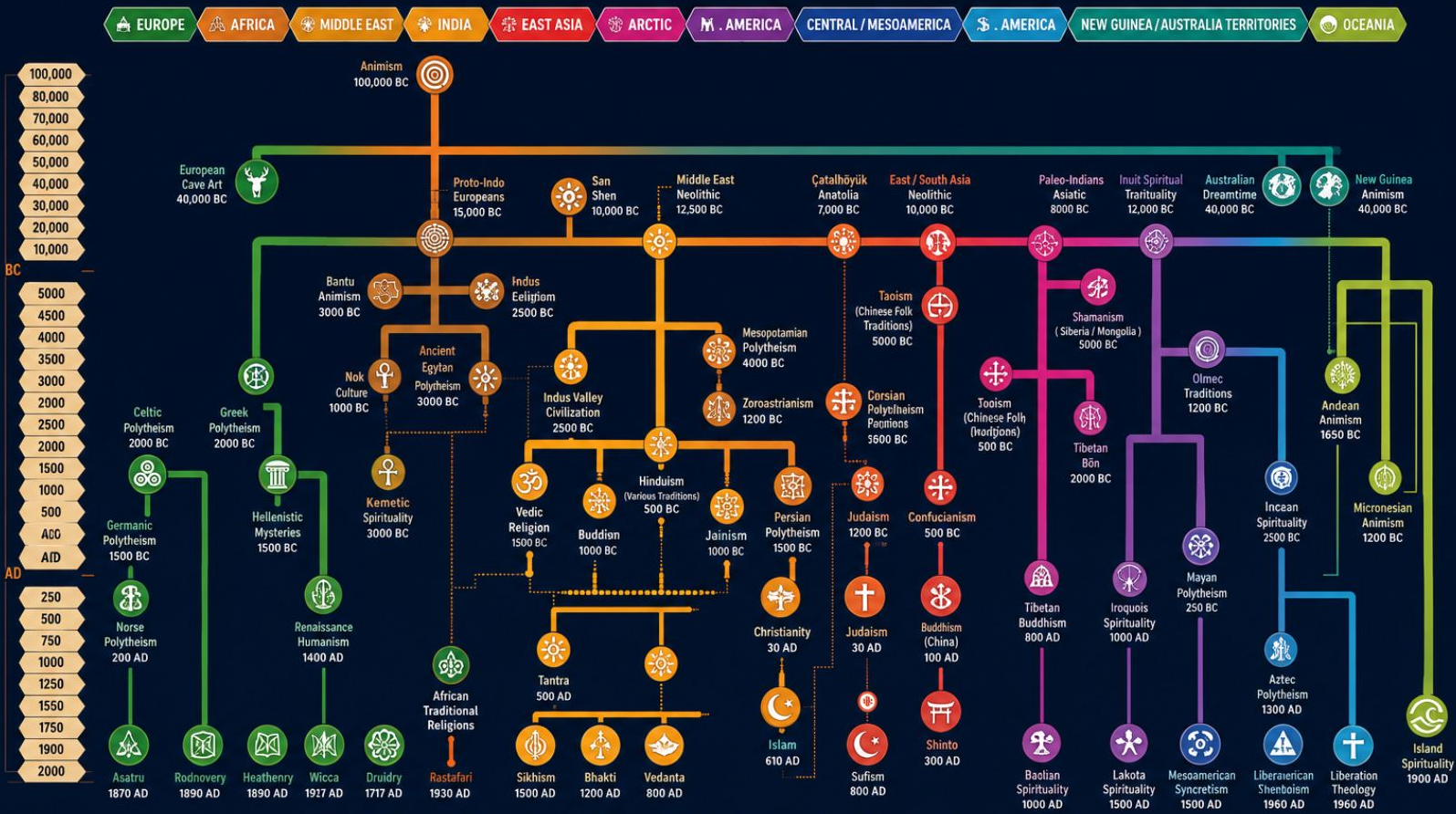


Introducing The 8 Limbs of Yoga & The Yoga Sutras



HUMAN TIMELINE OF MYTHOLOGY AND RELIGION

WE ARE ALL CHILDREN OF THE SAME UNIVERSE



— THIS TIMELINE REPRESENTS ESTIMATED EMERGENCE PERIODS OF BELIEF SYSTEMS AND CULTURAL TRADITIONS.
 ALL DATES ARE APPROXIMATE AND BASED ON ARCHAEOLOGICAL, ANTHROPOLOGICAL AND HISTORICAL RESEARCH.

It could be argued...



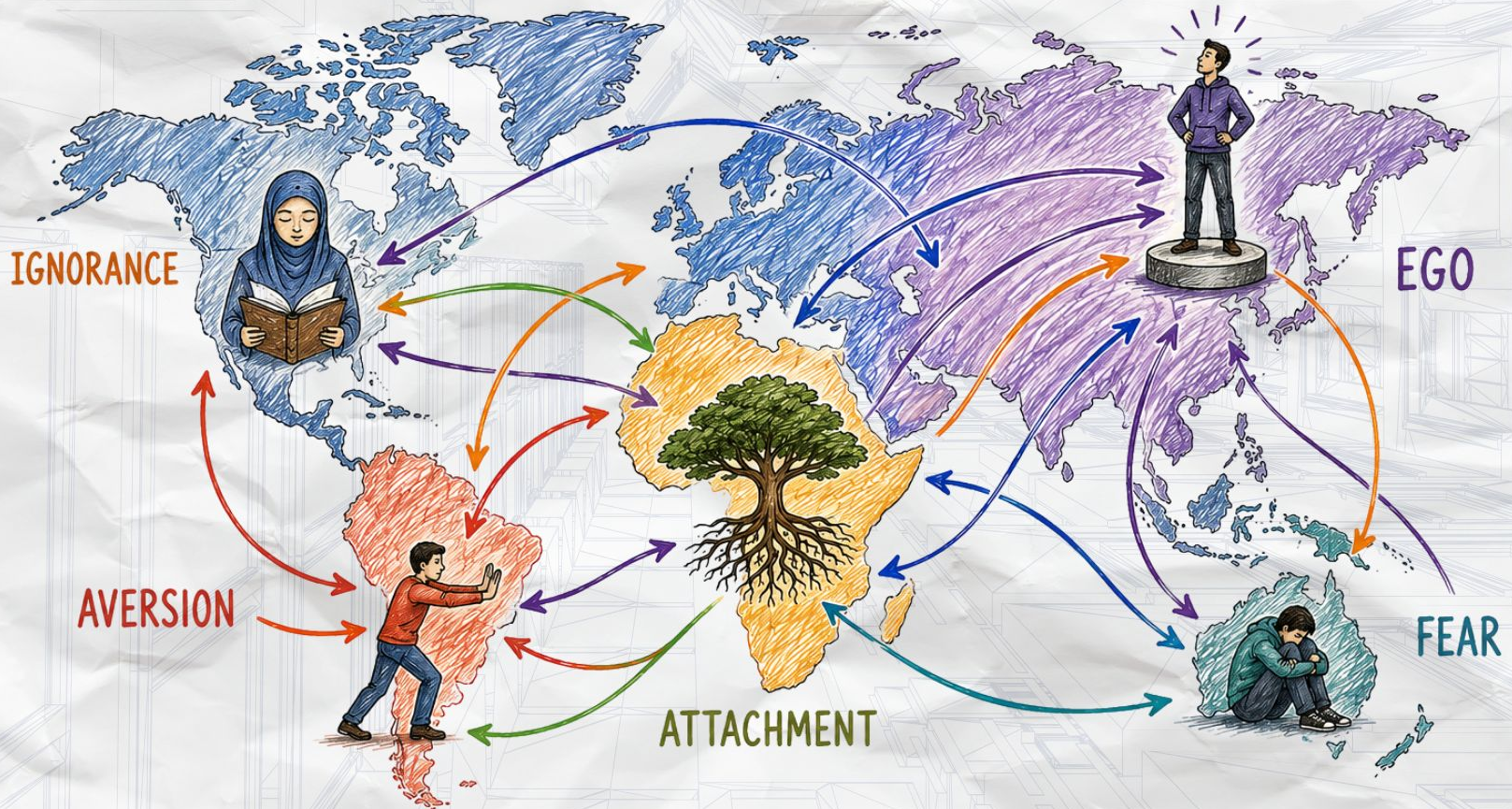
... that an **experience**
(thoughts, words, actions)
that...

- causes harm
- compromises truth
- steals from others and/or self
- is excessive
- is held beyond its time

... defines **TRAUMA**.



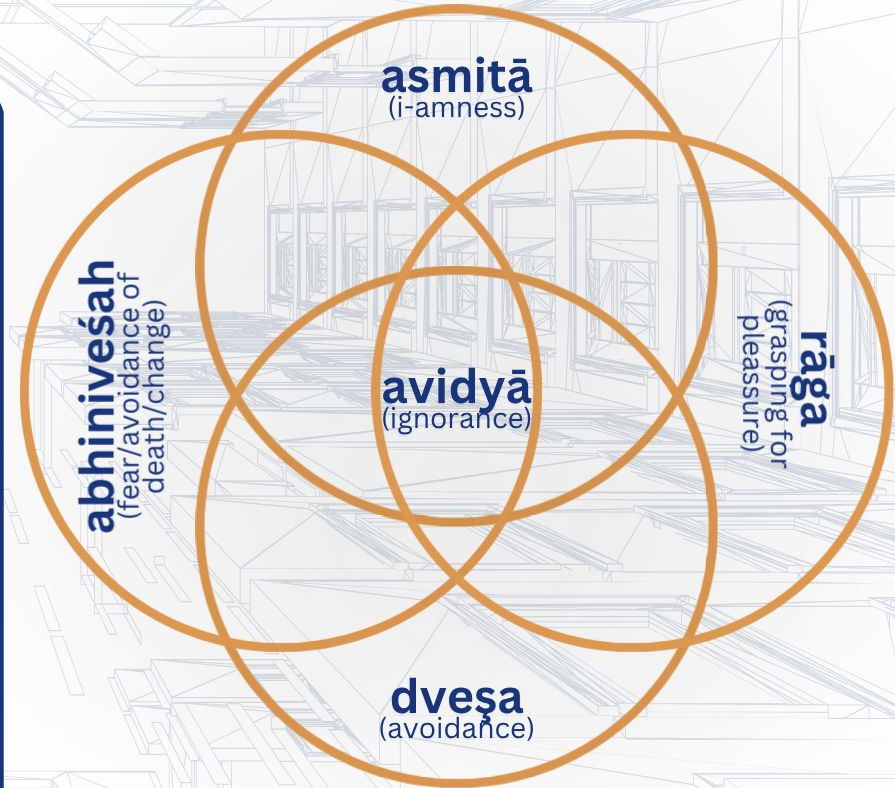
Biases & Assumptions in a Global Community



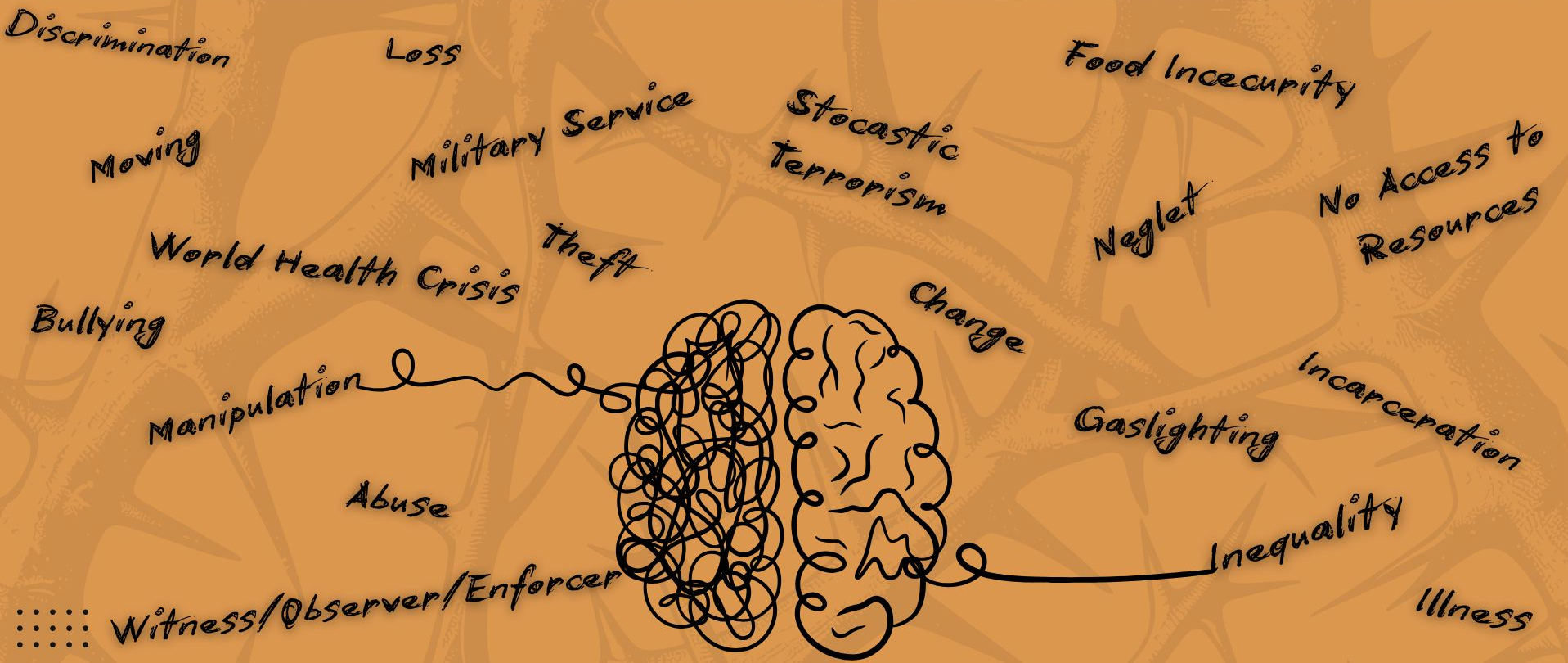
The 5 Kleśa-s



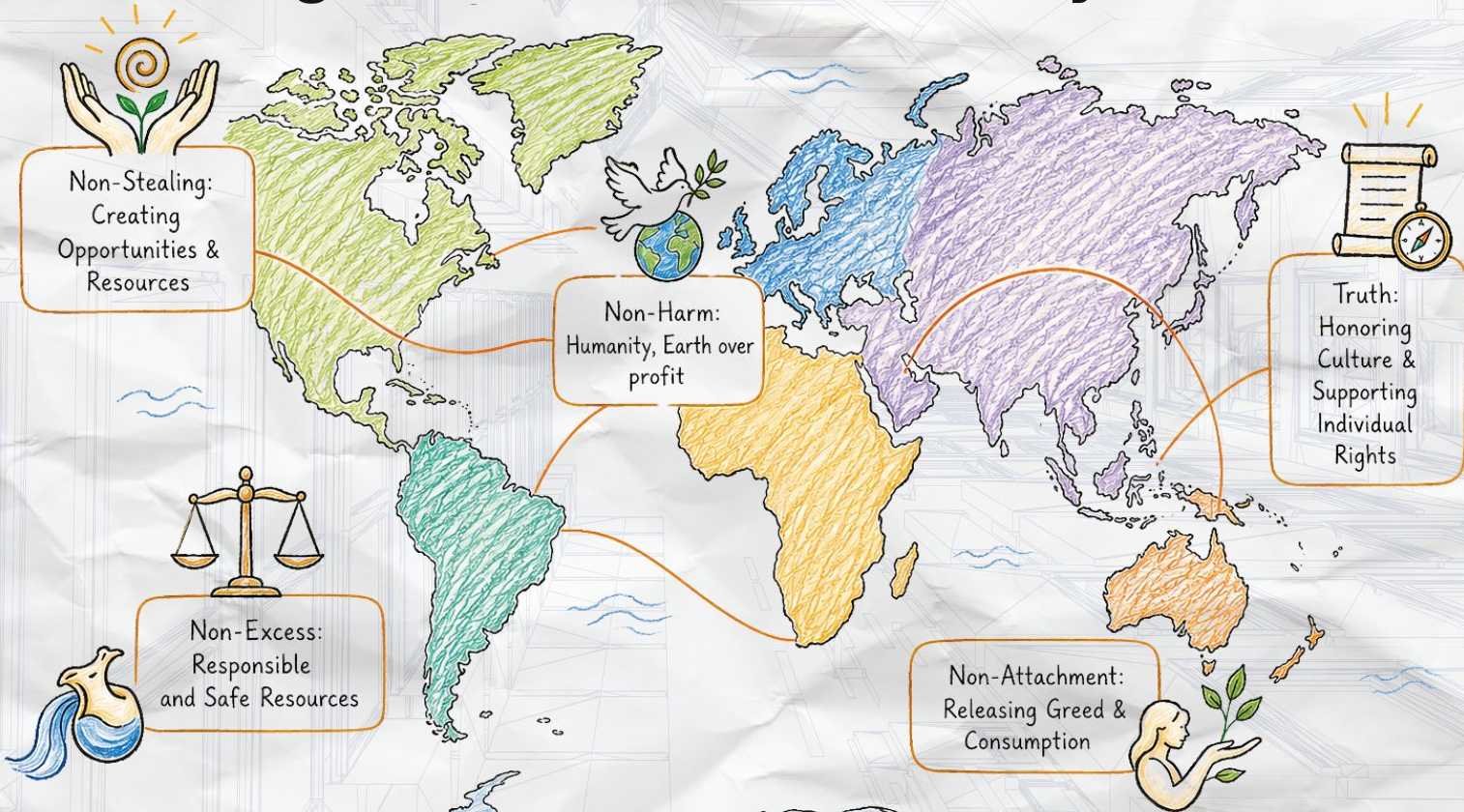
Patañjali explains the root of all human suffering is **avidyā** (ignorance). This ignorance breeds **asmitā** (i-amness/not knowing ones true nature), **rāga** (grasping for pleasure), **dveṣa** (avoidance), and **abhiniveśah** (fear/avoidance of death/change).



Examples of Trauma



Healing in a Global Community



Yoga & Healing

FOUNDATIONS OF PRACTICE

-  Relationship with Self
-  Steadiness & Ease
-  8 Limbs
-  Knowledge
-  Ritual
-  Service

SPACIAL & COMMUNITY AWARENESS

Foster connection, empathy, and a sense of belonging withing community.



Trauma / Healing
Essence of "Spirit"

ESSENCE OF
SPIRIT



HUMAN SELF

Integrating Body,
Mind, Spirit &
Community

MIND



Raga Yoga
Mind



PHYSICAL / MENTAL AWARENESS

Strengthen the body and calm the mind through awareness and practice.

BODY



BREATH AWARENESS

Use the breath as a bridge to presence, balance, and inner regulation.

Mindfulness
Body



Collective Support YAMAS



Ahimsa Non-Harm

Cultivate compassion
and respect in thought,
word and action.



Satya Truth

Speak and live with
honesty, integrity
and clarity.



Asteya Non-Stealing

Honor what belongs
to others and cultivate
contentment.



Bramacharya Non-Excess

Practice moderation
and balance in all
aspects of life.



Aparigraha Non-Attachment

Release the need
to hold on and
embrace freedom.

Self Support NIYAMAS



Saucha Purity

Cultivate cleanliness
of body, mind and
environment.



Santosha Contentment

Find joy in what is.
Practice gratitude and
embrace contentment.



Tapas Discipline

Build inner strength
through self-discipline,
consistency and
dedication.



Svadhyaya Self-Study

Study the self and
sacred wisdom to
cultivate awareness
and growth.

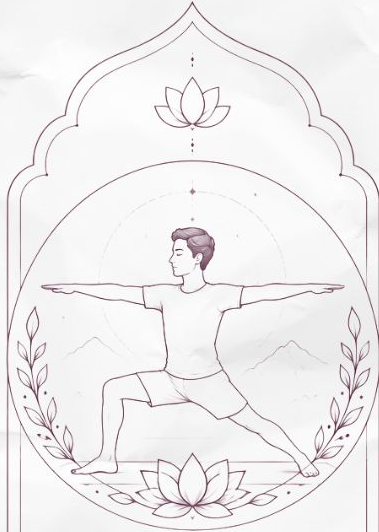


Ishvara Pranidhana Surrender

Surrender to the Divine.
Trust the higher purpose
and let go of ego.



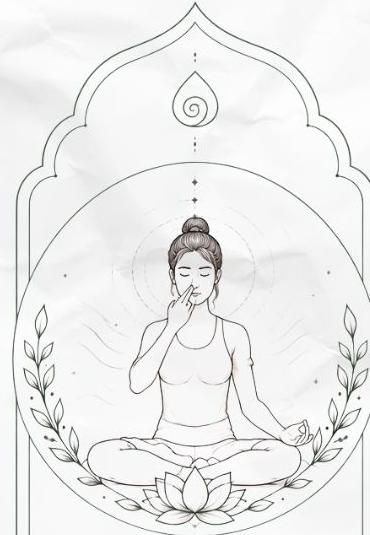
Asana & Pranayama



Asana

Posture

Cultivate stability, strength,
and ease in the body.



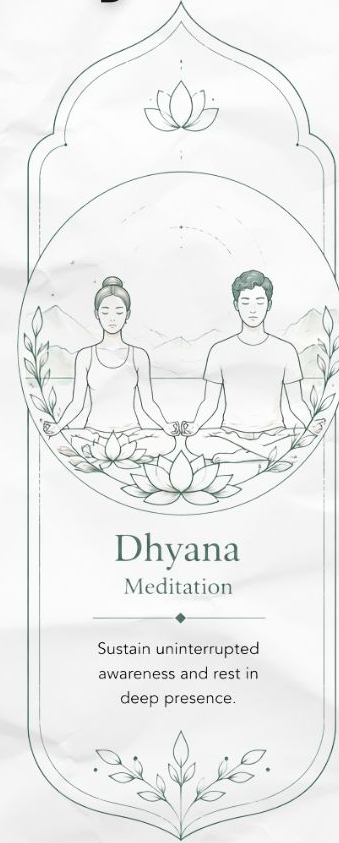
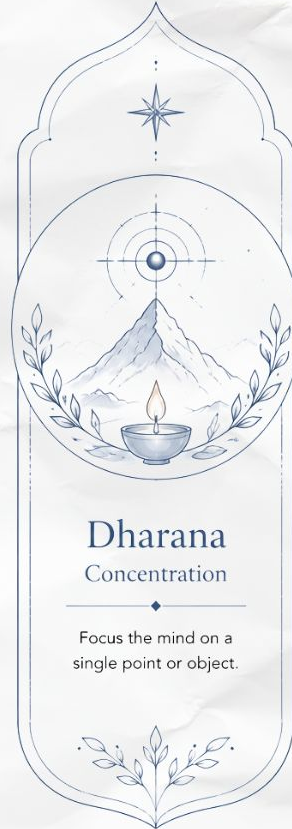
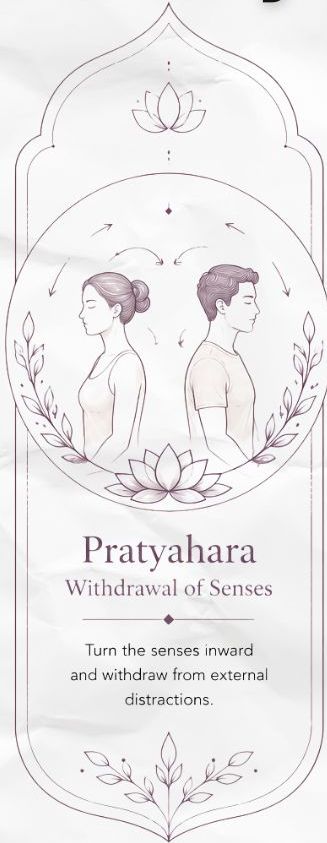
Pranayama

Breath Control

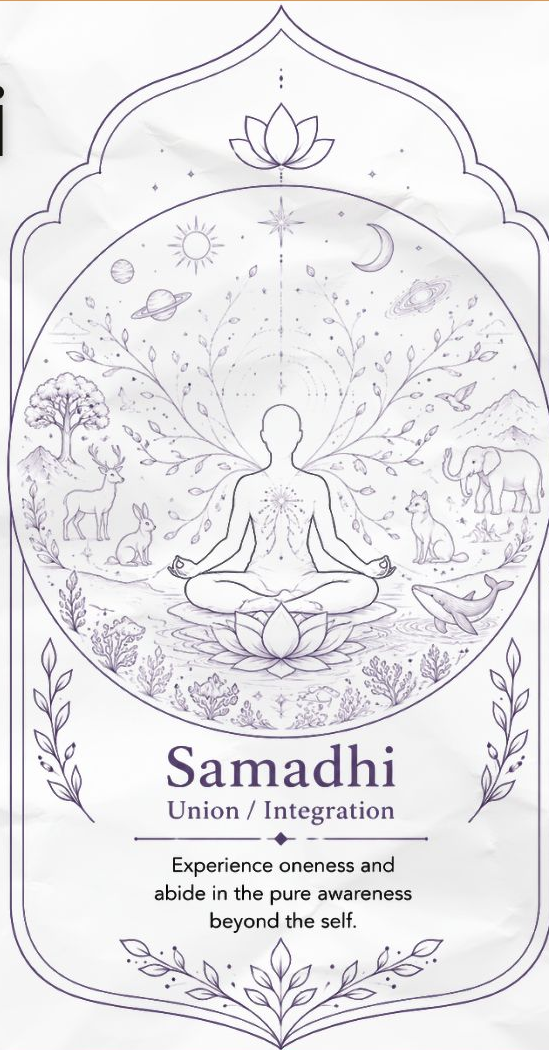
Regulate and deepen the breath
to support energy, focus,
and calm.



Pratyahara | Dharana | Dhyana



Samadhi



Samadhi

Union / Integration

— ◆ —
Experience oneness and
abide in the pure awareness
beyond the self.

PAUSE & NOTICE

Consider and Reflect

PRISON YOGA
PROJECT

The Yoga Sutras



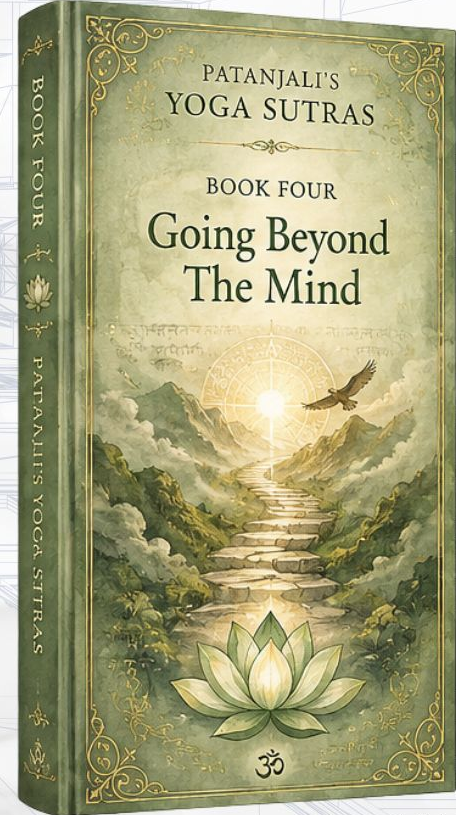
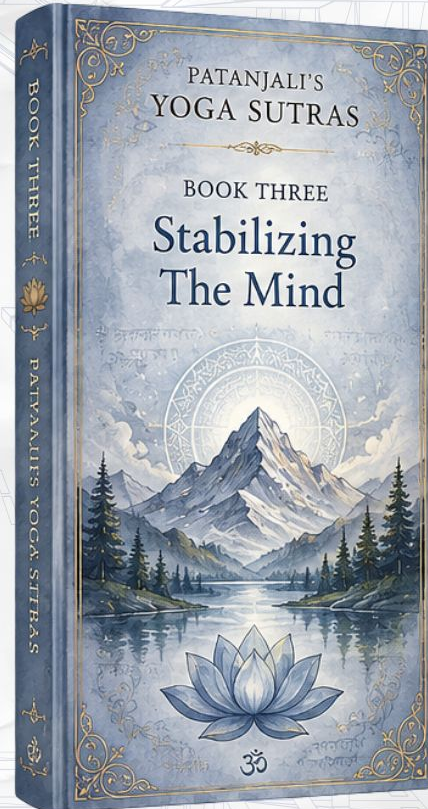
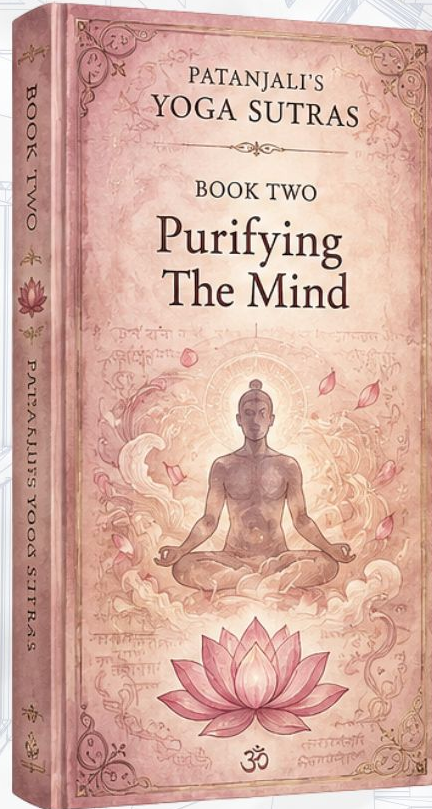
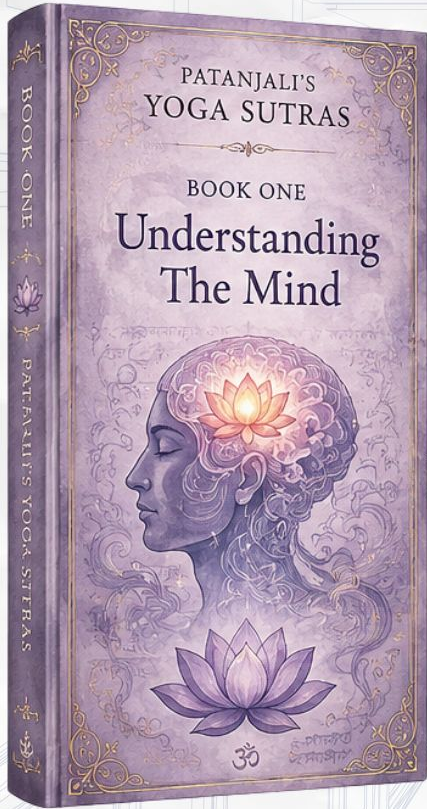
At the Mercy of Prophets & Scribes



- Patanjali documented ancient Vedic teachings into an **“easy to follow” guide**
- These Teachings had been **passed down verbally** from student to teacher
- **Consider Original Audience** (Exclusive to Men within religious order)
- **Many translations** exist
- Explore **source materials**
- Refer to various translations
- **Honor Foundational Lineage** and **Consider Paths of Colonization**



Patanjali's Yoga Sutras



Understanding the Mind

1.1 Here begins the authoritative instruction on Yoga

1.2 What is Yoga? **Yogasgcittavrttinirodhah**

Chitta- Mind | **Vrtti**- Fluctuation/Distracton | **Nirodhah**- Reducing

1.5 -1.11 Awareness of **5 Activities** of the Mind

Comprehension, Misapprehension, Imagination, Deep Sleep, Memory

1.14 Yoga is a **Practice** achieved only with **Patience, Commitment, & Trust**

1.15-1.29 Discusses **Faith, Spirituality, & Relationship** with these principles

1.30-1.33 Talk of **Distractions** that can occur

1.34-1.51 Talk of Seeking **Knowledge** for clarity and understanding



Purifying the Mind

2.1 Yoga **Reduces** Physical & Mental Harms

2.2-2.9 Discuss the “Obstacles” of **the Kleshas**

2.10-2.27 Explore the Conditions of **Human Suffering & How Clarity Supports Healing**

2.28 Refines **Perception & Understanding**

2.29 -2.45 Introduces the **Yamas & Niyamas**

2.46-2.55 Introduces **Meditative States of Yoga**



Stabilizing the Mind

part 1 of 2

3.1-3.55 Book Three Explores Deeper into **Continued Practice** to **Connect Compassion, Empathy, Intuition, Self Awareness, & Support of Others.**

Offers **Suggestive Goals** for **Mediation Practice.**

3.10 By **Constant & Uninterrupted Practice** the Mind can Remain in a **State of Attention for a Long Time.**

3.11 The **Mind Alternates** Between the Possibility of **Intense Concentration** and a **State Where Alternative Objects can Attract Attention.**

3.15 By Changing the Order or Sequence of Change, **Characteristics that are of One Pattern can be**

Modified to a Different Pattern.



Stabilizing the Mind

part 2 of 2

3.16-3.35 Invites **Meditations & Considerations** of:

- The **process of change** and how it is affected by time
- Interactions between **language, ideas, & objects** with consideration to culture perspectives
- Personal tendencies & habits to better **understand one's past & generational history**
- **Change** & how it can impact state of mind
- The relationship between the **features of the body & what affects them**
- **Relationships between self & others**
- **Sun & Moon**
- **Body Scan**

3.20 The Cause of the State of Mind of One Individual is Beyond the Scope of Observation by Another



Going Beyond the Mind

Book Four explores the **capabilities of the mind once “unburdened” with suffering**. Talks of our **human connection to God, Source, Universe**, etc to find presence within individual **connection to Mind, Body, & Spirit**.

4.8 Because the tendency of the mind to act on the basis of the five obstacles has not been erased, they will surface in the future to produce unpleasant consequence.

4.9 **Memory & latent impressions are strongly linked**. This link remains even with passing of time, change of location, or context of similar actions.

4.25 A person of extraordinary clarity is one who is **free from the desire** to know the nature of the Perceiver.

4.31 **When the mind is free from the clouds that prevent perception, all is known, there is nothing to be known.**



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.



Supportive Posture & Breath

Consider:

- What happens to your breath when you gently lengthen your spine?
- Where in your body do you notice tension, collapse, or holding?
- What posture helps you feel supported, steady, and at ease?
- What shifts when posture and breath begin to work together?



Reflection (optional):

- When I bring awareness to my posture and breath, I notice...
- How might supportive posture and intentional breathing help me respond to stress or discomfort?

