

# WELCOME!

## WEEK 4

### 1<sup>ST</sup> HOUR

Welcome  
& Agenda Review

Mindfulness Observations (Optional)

Centering Practice

Lecture:

**The 8 Limbs of Yoga  
& The Yoga Sutras (Cont.)**

### 2<sup>ND</sup> HOUR

Lecture:

**The Nervous System**

Breakout Room

Group Discussion

### 3<sup>RD</sup> HOUR

Lecture:

**A Closer Look at the  
Respiratory System & Pranayama  
(Breathing) Practices**

Breakout Room

Group Discussion



# LECTURE

# The 8 Limbs of Yoga & The Yoga Sutras

Part 2



# Last Week We Explored...

## Understanding Suffering & Support in Yoga Philosophy



### The 5 Kleśas

(Sources of Suffering)

Patañjali teaches that suffering often arises from **avidyā** (ignorance / misperception), which gives rise to:

- **Asmitā** – ego / false identification
- **Rāga** – attachment / craving
- **Dveṣa** – avoidance / aversion
- **Abhiniveśaḥ** – fear of change, loss, or death

→ These patterns shape how we react to ourselves, others, and the world.



### Yamas

Collective Support

Ethical practices that support healthier relationships:

- **Ahimsa** – non-harm
- **Satya** – truthfulness
- **Asteya** – non-stealing
- **Brahmacharya** – moderation / wise use of energy
- **Aparigraha** – non-attachment



### Niyamas

Self Support

Practices that cultivate inner steadiness:

- **Saucha** – purity / clarity
- **Santosha** – contentment
- **Tapas** – discipline
- **Svadyaya** – self-study
- **Ishvara Pranidhana** – surrender

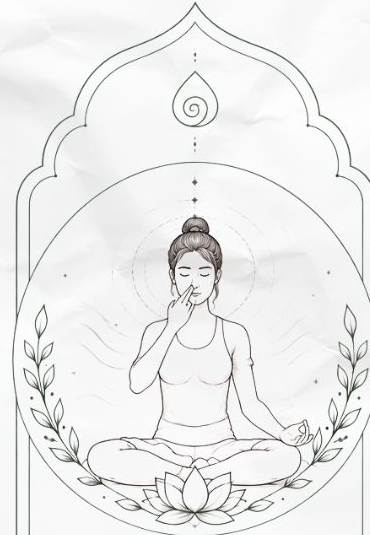
# Asana & Pranayama



## Asana

Posture

Cultivate stability, strength,  
and ease in the body.



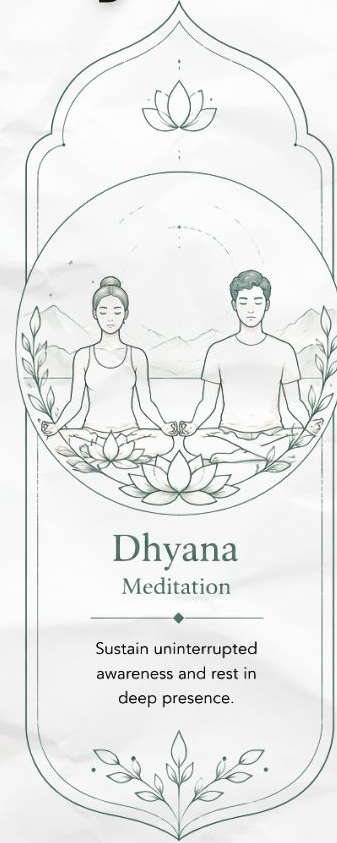
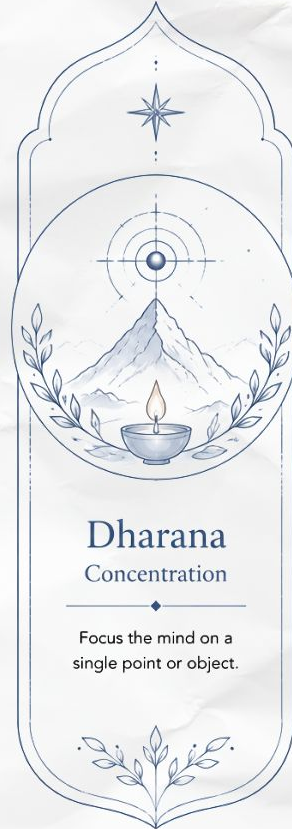
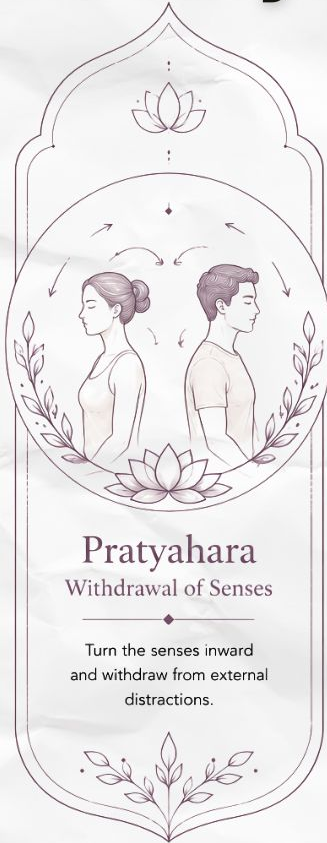
## Pranayama

Breath Control

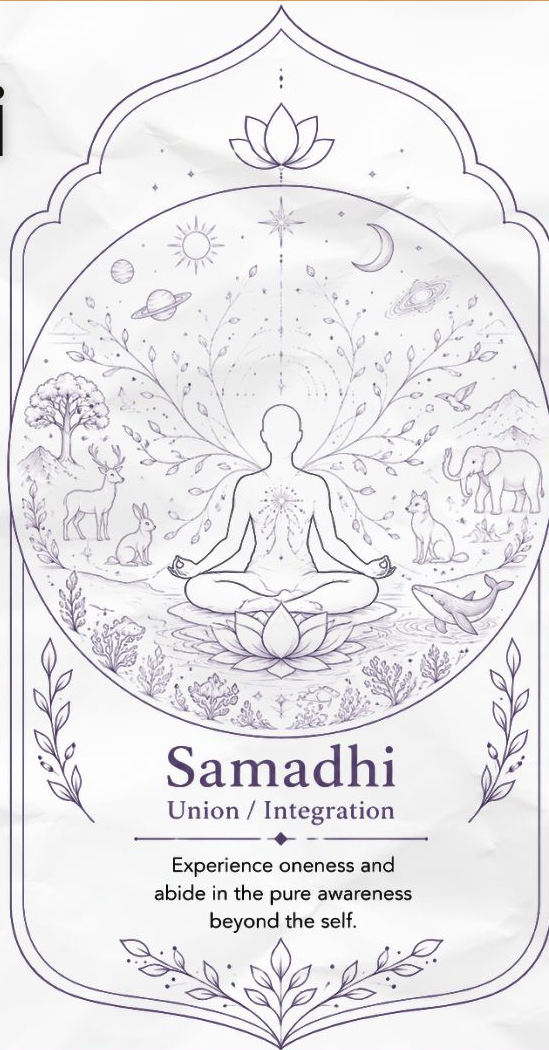
Regulate and deepen the breath  
to support energy, focus,  
and calm.



# Pratyahara | Dharana | Dhyana



# Samadhi



# PAUSE & NOTICE

*Consider and Reflect*

PRISON YOGA  
PROJECT

# The Yoga Sutras



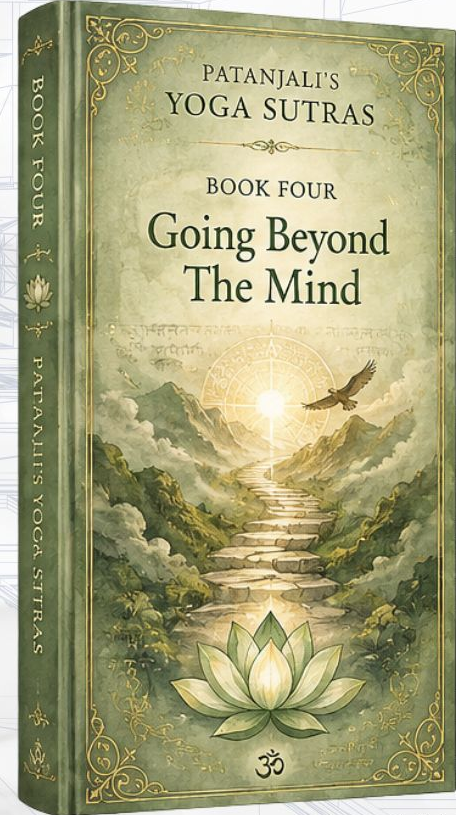
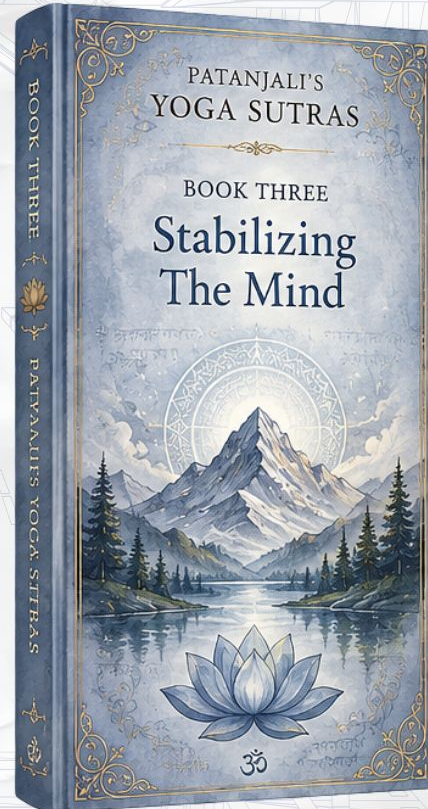
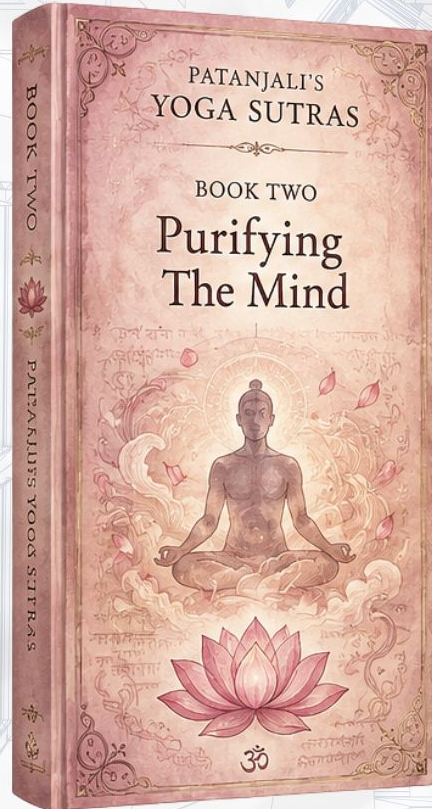
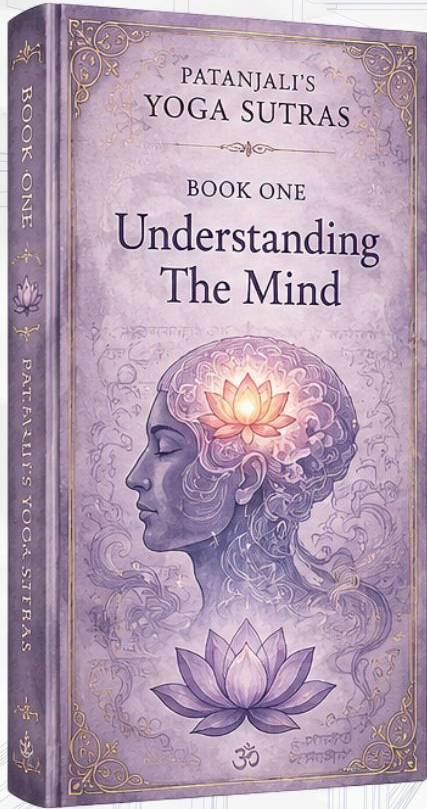
# At the Mercy of Prophets & Scribes



- 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.**



# TIME FOR A PAUSE

0 5 : 0 0



# LECTURE

# The Nervous System





# The Nervous System & Trauma

## The Autonomic Nervous System (ANS)

- Regulates heart rate, breathing, digestion, and stress response.
- Operates automatically to support survival.

## Two Primary Branches:



### SYMPATHETIC NERVOUS SYSTEM

- Fight or Flight
- Mobilizes energy
- "Gas pedal"



### PARASYMPATHETIC NERVOUS SYSTEM

- Rest, Digest & Recover
- Conserves energy
- "Brake pedal"



**Key Point:** Dysregulation is not failure... it is an adaptive survival response.

# Trauma & the Stress Response

## The Limbic System

The brain's emotional alarm system.

- Detects danger
- Activates survival responses
- Prioritizes protection over reasoning

## Common Survival Responses:



### FIGHT

Defend / Resist



### FLIGHT

Escape / Avoid



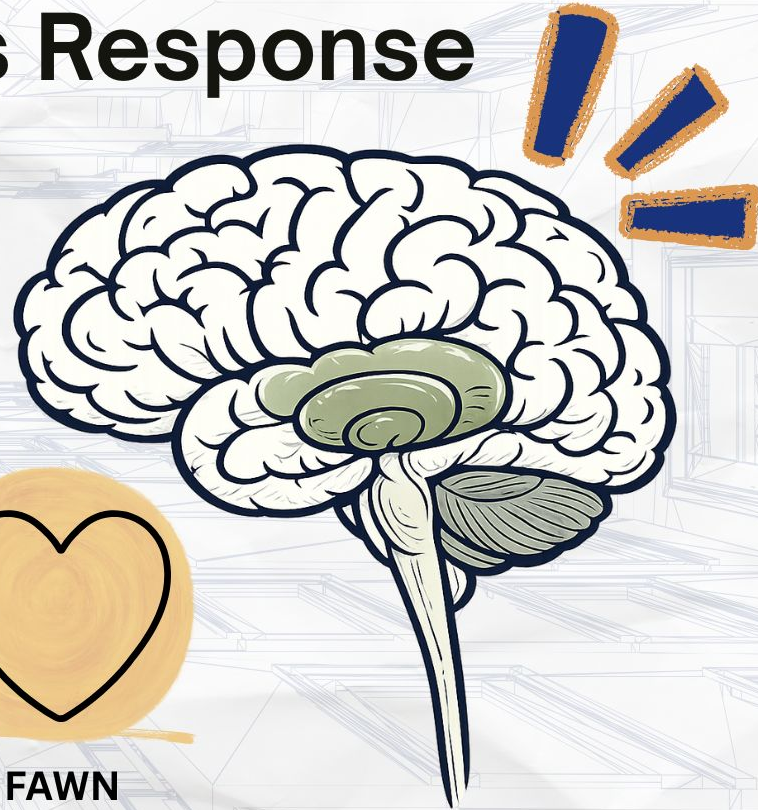
### FREEZE

Shut Down  
Disconnect



### FAWN

Please / Comply



**Key Point:** Every response developed to increase safety.

# Nervous System Dysregulation

## Hyperarousal (Stuck "ON")



- Anxiety
- Hypervigilance
- Muscle tension
- Restlessness
- Racing thoughts

## Hypoarousal (Stuck "OFF")



- Numbness
- Fatigue
- Dissociation
- Withdrawal
- Disconnection

## In a Yoga Class This May Look Like...



Fidgeting



Over-effort



Shutting down



Avoiding stillness



People pleasing

# How Trauma-Informed Yoga Helps

Yoga supports regulation through:



Breath Awareness



Intentional Movement



Grounding Sensations

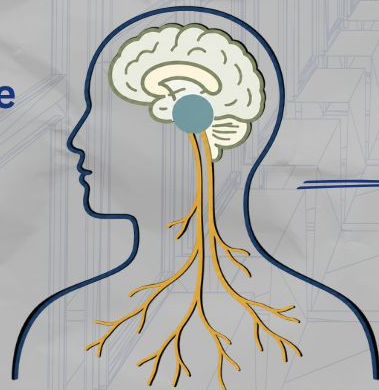


Predictable Structure



Participant Choice

## The Vagus Nerve



Supports:



Relaxation



Breath Regulation



Heart Rate



Social Connection

**Key Point:** A calm facilitator can support co-regulation.

# Choice Creates Safety

Trauma often removes ~~CHOICE~~.

Trauma-informed facilitation ~~RESTORES~~ it.

## Instead of commands...

- ✓ Offer invitations
- ✓ Encourage curiosity
- ✓ Normalize different experiences
- ✓ Respect participant autonomy

**Our role is not to fix people.**  
Our role is to create conditions  
where healing becomes possible.



# The Goal of Trauma-Informed Yoga

We are not teaching perfect postures.

We are supporting participants in developing:



Self-awareness



Self-regulation



Agency



Interoception



Resilience



The goal is not to make participants calm. The goal is to help participants notice, choose, regulate, and reconnect.



# TIME FOR A PAUSE

0 5 : 0 0

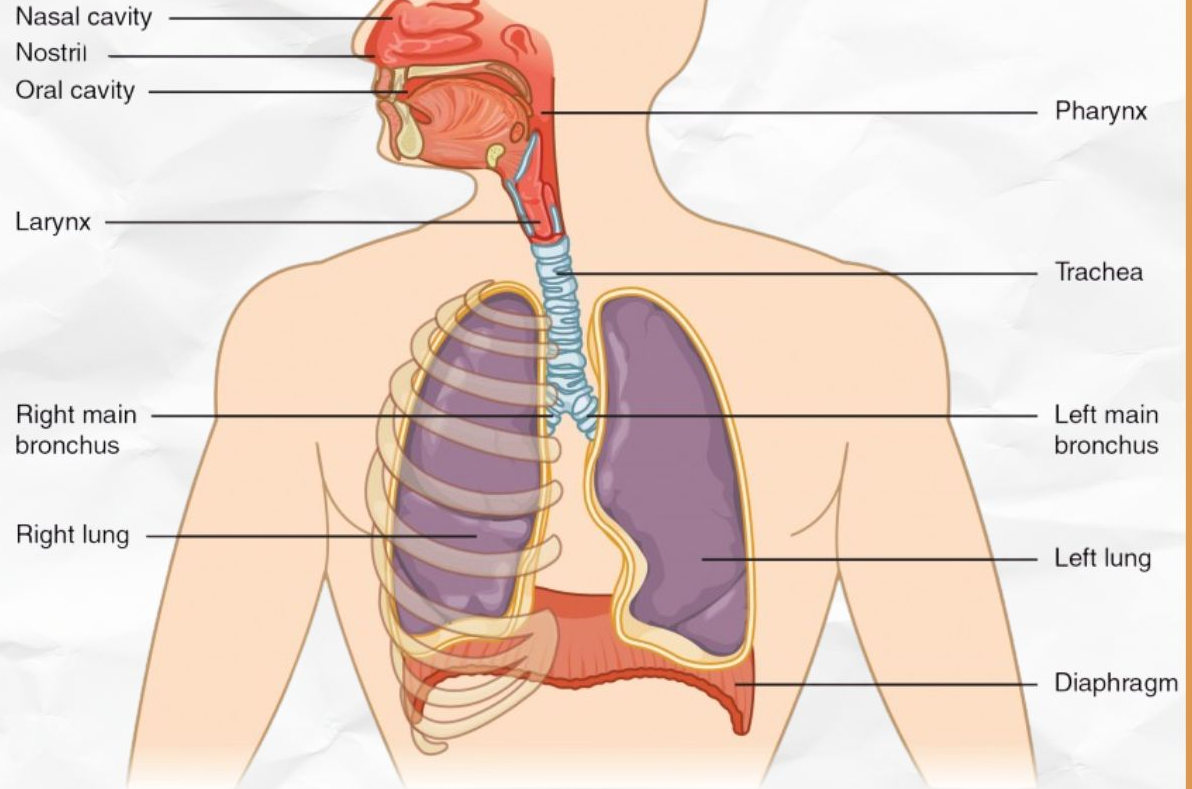


# LECTURE

## A Closer Look at the Respiratory System & Pranayama (Breathing) Practices



# Respiratory System

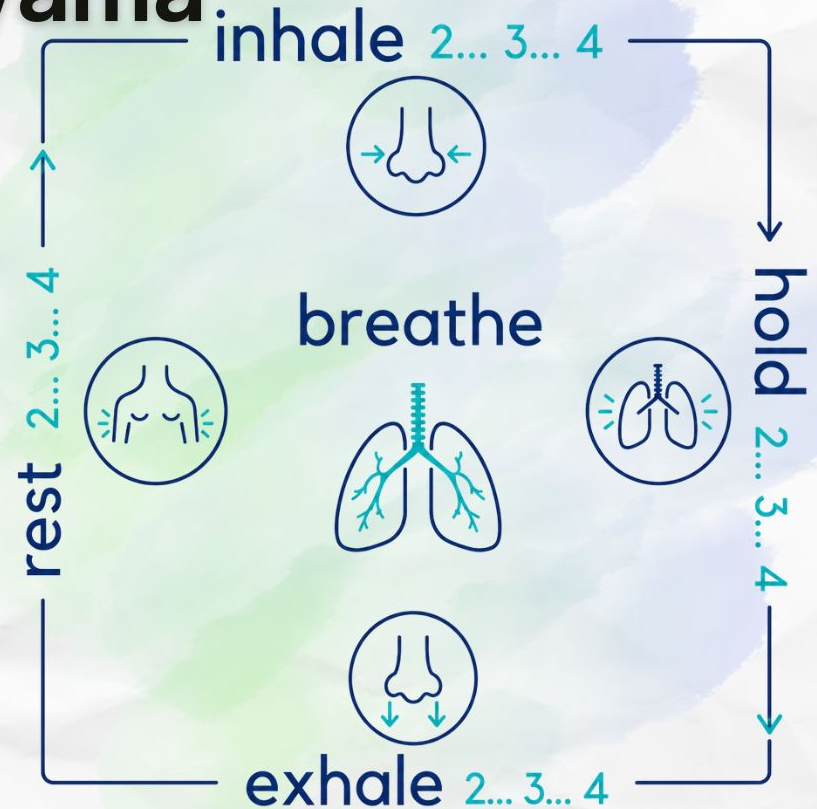






# 4 Part Breath Kumbhaka Pranayama

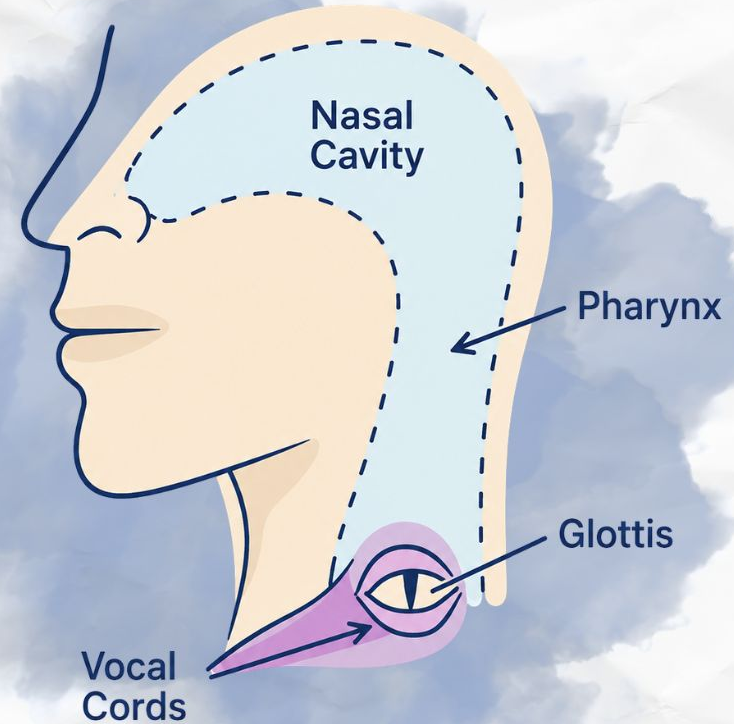
- Supports Respiratory System & Circulation
- Boosts Creativity, concentration, & Cognitive Function



# Victorious Breath

## Ujjayi Pranayama

- Builds heat in the body
- Increases Awareness / Presence
- Decreases Blood Pressure & Calming
- Supports lung capacity & oxygenation of blood
- Reduces phlegm & relieves coughing
- Supports digestion (Nervous System Calibration)



# Alterante Nostril Breath **Nadi Shodhana**

- Supports Oxygenation of the Blood
- Supports Clear & Balanced Respiratory Channels
- Calms Nervous System
- Supports Mental Clarity/Function

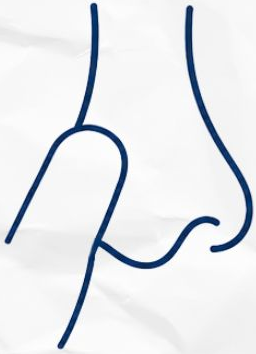


# Alterante Nostril Breath Nadi Shodhana

PRISON YOGA  
PROJECT

1

STEP 1



Place the right thumb on the right nostril to close it.

2

STEP 2



Take a deep breath through the left nostril.

3

STEP 3



Switch and close off the left nostril.

4

STEP 4



Take a deep breath through the right nostril.

# Lion's Breath Simhasana Pranayama

- Relieves Tension in Head, Face, & Chest
- Supports Throat/Voice
- Therapeutic for Asthma, Sore Throat, & Respiratory Ailments
- Supports Treatment of Bad Breath

1

## INHALE

Deep breath in through your nose.

2

## EXHALE

Open your mouth wide and stick your tongue out.



3

## ROAR

Exhale forcefully through your mouth making a "haaa" sound.

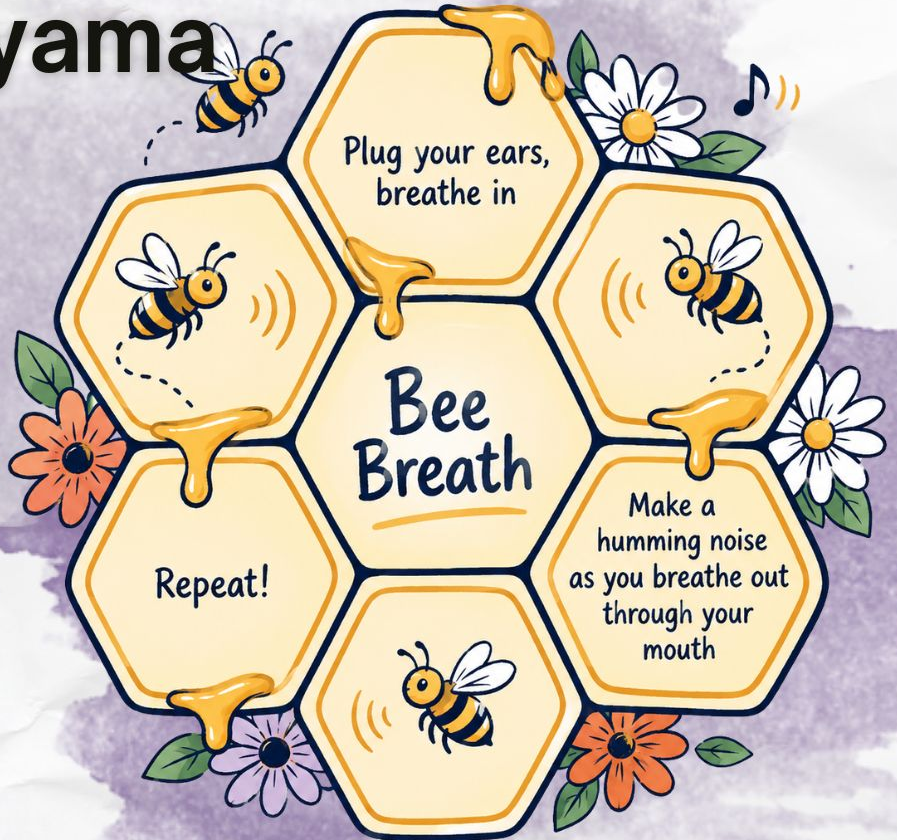
4

## REPEAT

Inhale again through your nose and repeat.

# Bee Breath Bhramari Pranayama

- Relieves Cerebral Tension
- Stimulates Pituitary & Pineal Gland
- Supports Throat Ailments & Voice
- Supports Mental Clarity
- Supports Quality of Sleep
- Supports Nervous System
- Dissipates Anger



# Breath of Fire Kapalabhati Pranayama

- Rapid increases of Alertness
- Balances Energy
- Stimulates Solar Plexus, Supporting Digestion



# Cooling Breath Sheetali Pranayama

- Cools Physical Body
- Encourages Free Flow of Energy
- Cools and Calms the Mind

**INHALE**

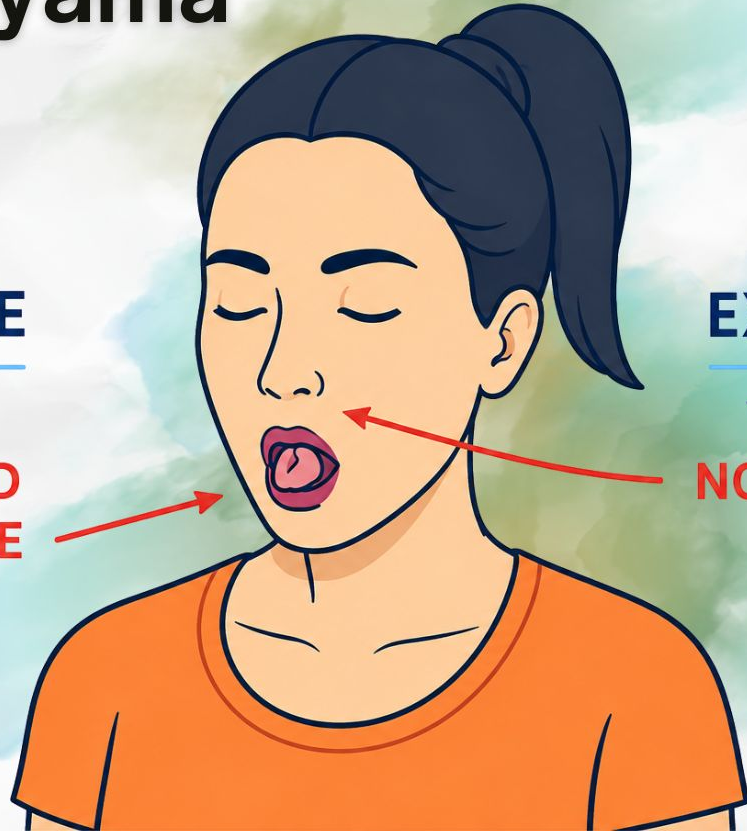
THROUGH

**CURLED  
TONGUE**

**EXHALE**

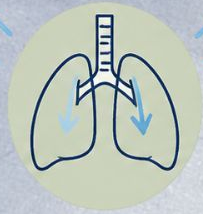
THROUGH

**NOSTRILS**



# Cyclic Sighing

**1 INHALE**  
slowly.



**3 EXHALE**  
slowly and  
fully.



REPEAT FOR  
FIVE MINUTES

**2 ONCE LUNGS HAVE EXPANDED,**  
inhale again until lungs are full.



- Decrease Anxiety
- Supports Mood
- Supports Rest Response
- Increases Overall Body Calmness

# Laughter

- Supports Mood
- Strengthens Immune System
- Supports Pain Reduction
- Decreases Stress
- Supports Relaxation
- Releases Endorphins



# PAUSE & NOTICE

*Consider Notes*



# Embodied Energy

## Weekly Mindfulness Practice

### Consider:

- What happens in your body when something feels activating?
- Where do you notice energy first...chest, jaw, stomach, shoulders?
- Can you notice the difference between activation and triggering?
- What sensations arise with experiences that feel pleasant, exciting, or expansive?
- What sensations arise with experiences that feel unsafe, uncomfortable, or overwhelming?

### Reflection (optional):

- When strong emotions arise, I notice...
- My body tends to respond by...
- What helps me return to steadiness or choice?

