

WELCOME!

WEEK 6

1ST HOUR

Welcome
& Agenda Review

Mindfulness Observations (Optional)

Lecture:

SATYA...

Exploring Truth

Breakout Room

Group Discussion

2ND HOUR

Lecture:

**Introductory Yoga &
Mindfulness Program
(Week 2)**

Group Discussion

3RD HOUR

Breakout Room:
Sequence Lab

Group Discussion



LECTURE

SATYA: Exploring Truth



SATYA - Truth

- Asks we seek deep personal Truth in our Thoughts, Words, and Actions
 - Radical truth with Self
 - Asking/Answering self about personal Fears, Ignorances, Attachments, Aversions, & Ego
-
- Continuing w/foundation of Ahimsa
-
- Barriers to Truth – Vidya v. Avidya
-
- When Truth Causes Harm
 - Family
 - Community
 - Politics
 - Social Media
 - Economics
 - Advertising
 - Self



THE TRUTH IS HARD.



Barriers to Truth



History / Perception / Experience

- What we have lived through often becomes/impacts our truth



“Popular Opinion”

- “Quid Pro Quo” / “It is what it is”



Generational “truths”

- trauma vs overcome
- Why was this true for them? Why is it/ is it not true for me?



Conditioning (samskara)



Environment & Exposure to Alternatives

- Never knew this option existed
- Advertisement / Propaganda

Vidya & Avidya

To Know, Percieve, See, Understand

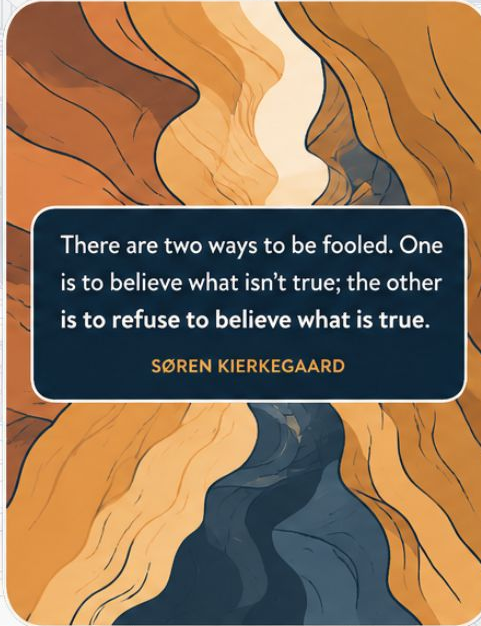
“A lie doesn’t become truth, wrong doesn’t become right, and evil doesn’t become good, just because it’s accepted by a majority.

Booker T. Washington



There are two ways to be fooled. One is to believe what isn’t true; the other is to refuse to believe what is true.

SØREN KIERKEGAARD



“

The truth is still the truth, even if no one believes it. A lie is still a lie, even if everyone believes it.



Samskara

Distorted / Conditioned Falsehood



Labels we inherit.
Not truths.



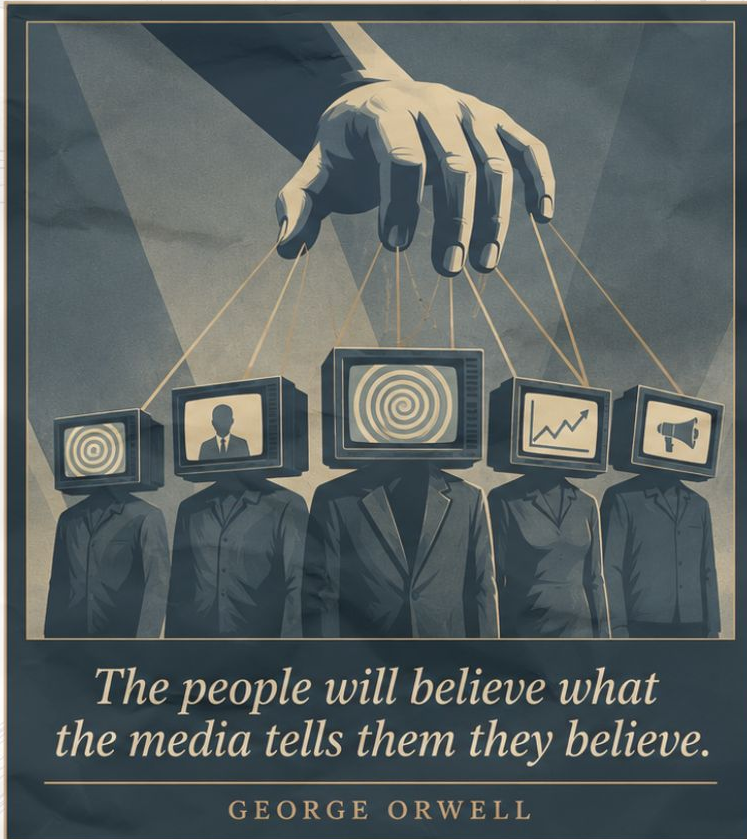
SANSKARA SHAPES HOW WE SEE.

The good news?
Awareness is the light that **rewrites** the story.



lighthouses
don't question their
own worthiness
based on what
some other
lighthouse is doing;
they just stand
there
shining

Exploring TRUTH & HARM



- **When “Telling the Truth” Causes Harm**
 - Personal Attacks
 - Manipulation
 - Assumptions & Biases
- **When Withholding Truth Causes Harm**
 - Abuse/Assault Cover-up
 - Genocide
 - “Status Quo”



Connecting to Truth



Who can only you be?

- What is uniquely yours to offer?
- What comes naturally to you?
- What feels alive, inspiring, or intuitive?

Not everyone is meant to do everything...

- Some are gifted with numbers.
- Some with art.
- Some with empathy, humor, diplomacy, groundedness, cultivation, leadership.

Yoga teaches that not honoring our truth is a form of suffering.

When we disconnect from who we are there is potential to:

- Seek belonging outside ourselves
- Perform instead of embody
- Shape-shift to survive

Satya invites sovereignty.

To live, speak, and act in ways aligned with your authentic nature... without harm to self or others.

Truth as Practice, Not Performance

Each being carries an intuitive intelligence — a knowing of who they are.

Trauma can:

- Disrupt that connection
- Compromise self-trust
- Blur inner truth

The practice becomes:



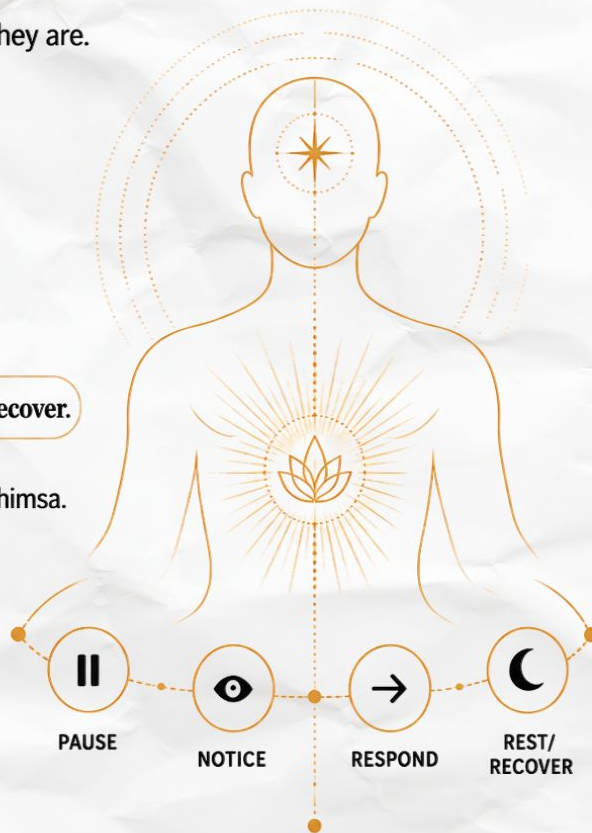
Satya is not brutal honesty. It is Radical Truth. It is truth guided by Ahimsa.

A lifelong exploration of:

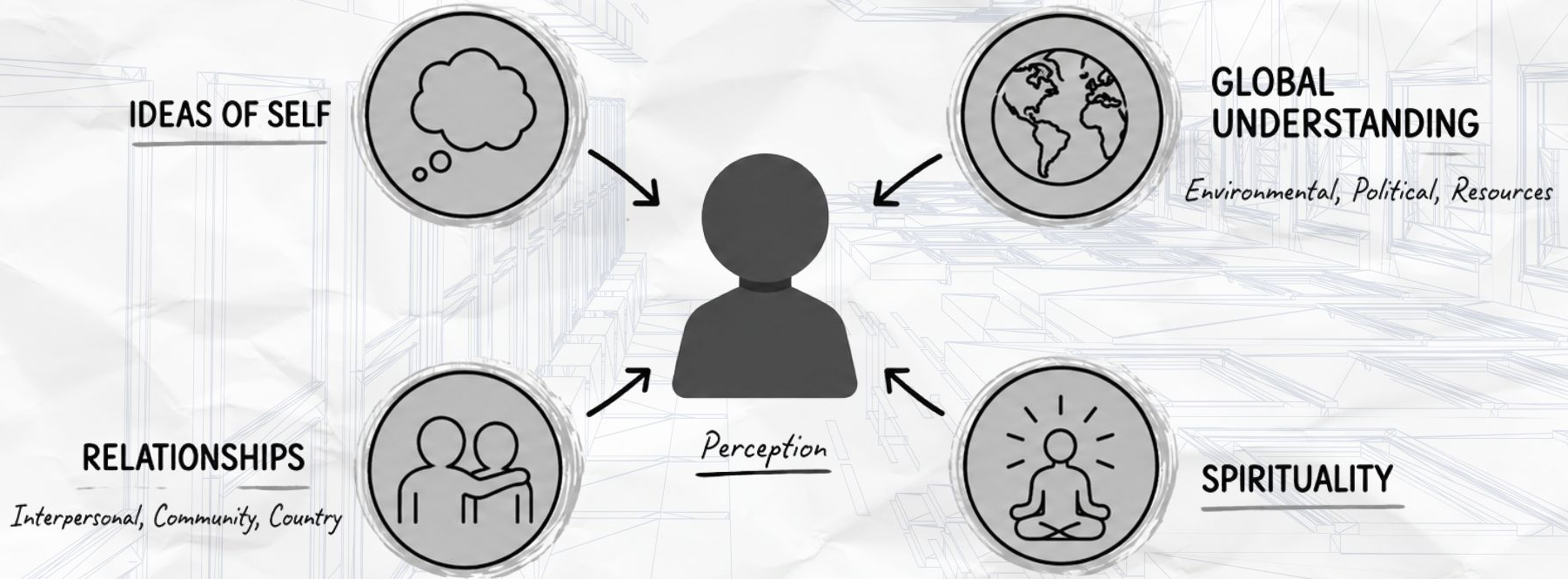
- Thoughts
- Words
- Actions



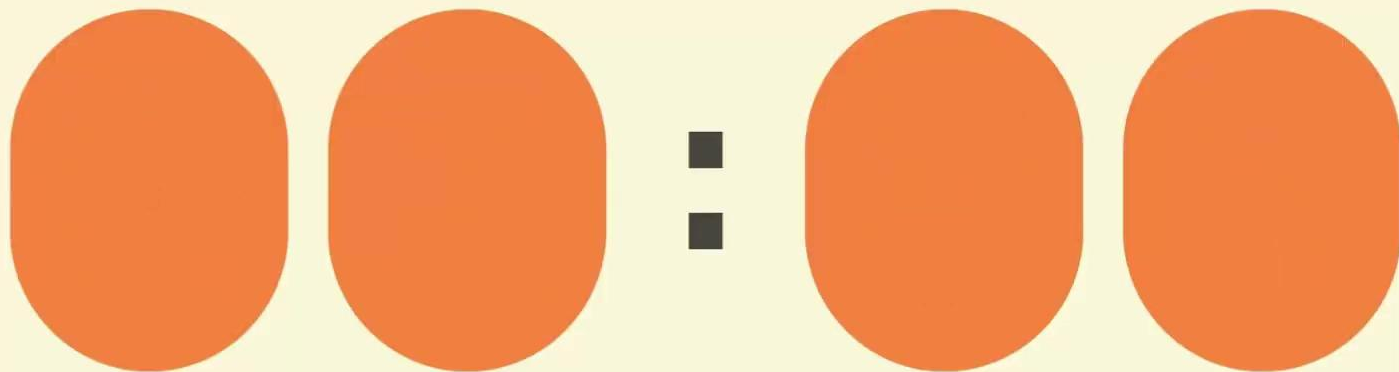
Aligned with who only you can be.



Humans & Pathways/Barriers to Satya



TIME FOR A PAUSE

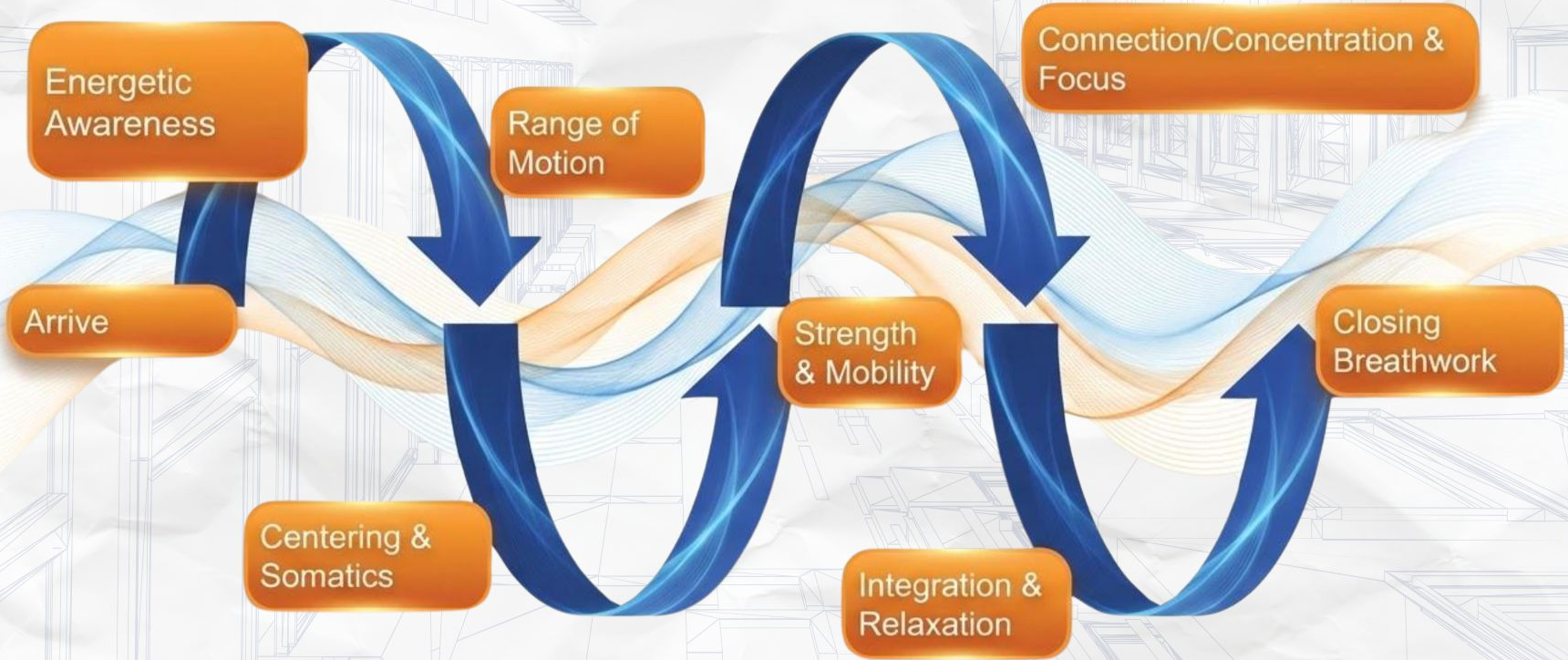


MOVEMENT LECTURE

Introductory Yoga & Mindfulness Program

(Week 2)

Energetic Movement Trauma-Informed Sequencing



Week 2: **ENERGETIC AWARENESS**

Identifying Embodied Reactions



Discussion Points:

- How do you know when you're calm, stressed, or shut down?
- What are signs of energy in your body... tightness, heat, numbness, or stillness?
- Notice: *Pause, Respond, Rest / Recover*
- Introduce breath as a bridge between mind and body (*simple inhale/exhale awareness*)



Movement Practice (25–30 min):

- Arrival breath work: Tense & Release and/or Stomp to Natural Breath... explore slowing/easing movement to gentle Box Breath, pause
- Gentle exertive movements with pause (push/pull, stomping, coordinated movements or jumping), pause
- Slow dynamic sun breath (inhale reach up, exhale lower arms), pause
- Balance awareness: weight shifting in feet with energetic check-in
- Closing rest: supine or seated grounding meditation



Closing Reflection:

- When might you use your breath as a tool for calm during the day?

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:

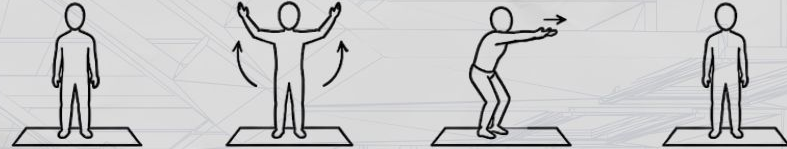
- Encourages participants to balance new learning with self-awareness and existing knowledge.
- Supports focused engagement with content, avoiding overwhelm.
- Reinforces the importance of pacing and mindful attention during skill-building.
- Helps participants practice integrating learning into practical,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



Week2 Practice

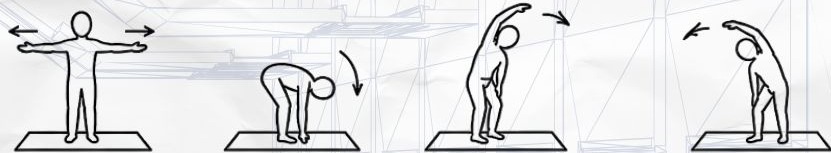
1. PAUSE & NOTICE

Energy Dynamic Movement
of spinal flexion & extension (30–60 sec)
Pause & Notice



2. DYNAMIC EXPLORATION

from full body stretch to forward fold.
Encourage personal range of motion.
From overhead stretch,
begin dynamic side stretches



3. PAUSE & NOTICE

Begin dynamic arm circles –
transition to exertive march in place



4. PAUSE & NOTICE

Offer Dynamic side lunges. Invite people
to move at pace that reflects their energy level.
After 30–60 sec, Pause & Notice



5. MOVE TO DYNAMIC FORWARD LUNGES

with arm reach. Offer a pause to stretch
in Pyramid (hamstring stretch)
Pause & Notice

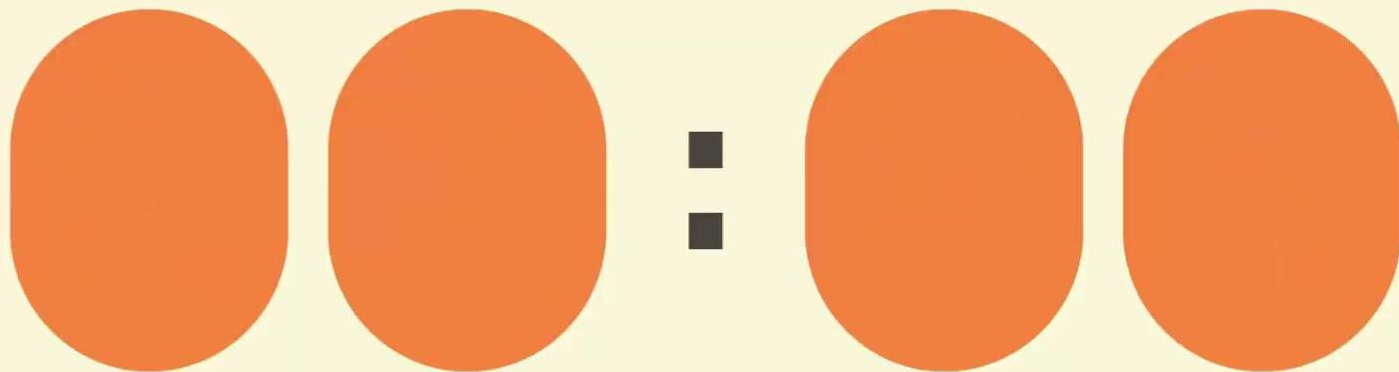


6. OFFER HELD FULL BODY STRETCH

for front and back body into a forward fold
to transition to the floor.
End practice with seated noticing of
energy and guided breath practice.



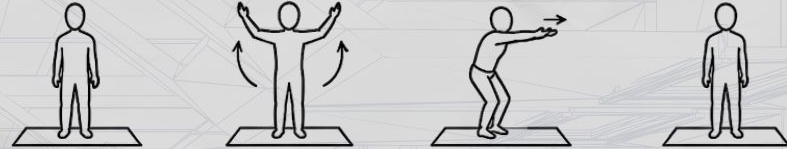
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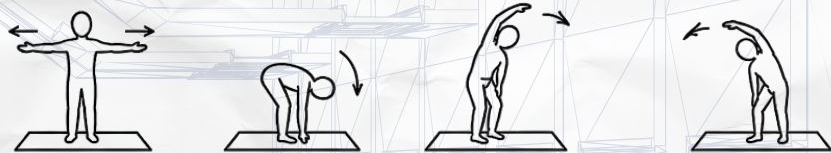
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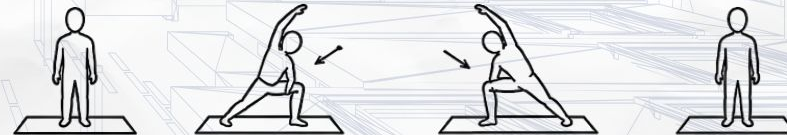
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SEQUENCE LAB

Experience the sequence through the lens of both participant and **facilitator**. In small groups, you'll analyze the movement, language, pacing, and participant choices, then discuss or adapt the sequence using trauma-informed principles.





Focus, Attention, & Emotion

Weekly Mindfulness Practice

Consider:

- Where does your attention go most easily right now?
- What helps you focus, and what tends to pull you away?
- How do your emotions affect your attention or concentration?
- When strong feelings arise, does your focus narrow, scatter, or shut down?
- What sensations do you notice when you feel calm, alert, or overwhelmed?
- What helps you return to the present moment?

Reflection (optional):

- What did I notice about my attention today?
- What emotions were present?
- What supported my focus?
- What helps me come back when my mind wanders?

