

WELCOME!

WEEK 7

1ST HOUR

Welcome
& Agenda Review

Mindfulness Observations (Optional)

Lecture:

ASTEYA...

Exploring Non-Stealing

Breakout Room

Group Discussion

2ND HOUR

Lecture:

**Introductory Yoga &
Mindfulness Program
(Week 3)**

Range of Motion

Group Discussion

3RD HOUR

Breakout Room:
Sequence Lab

Group Discussion



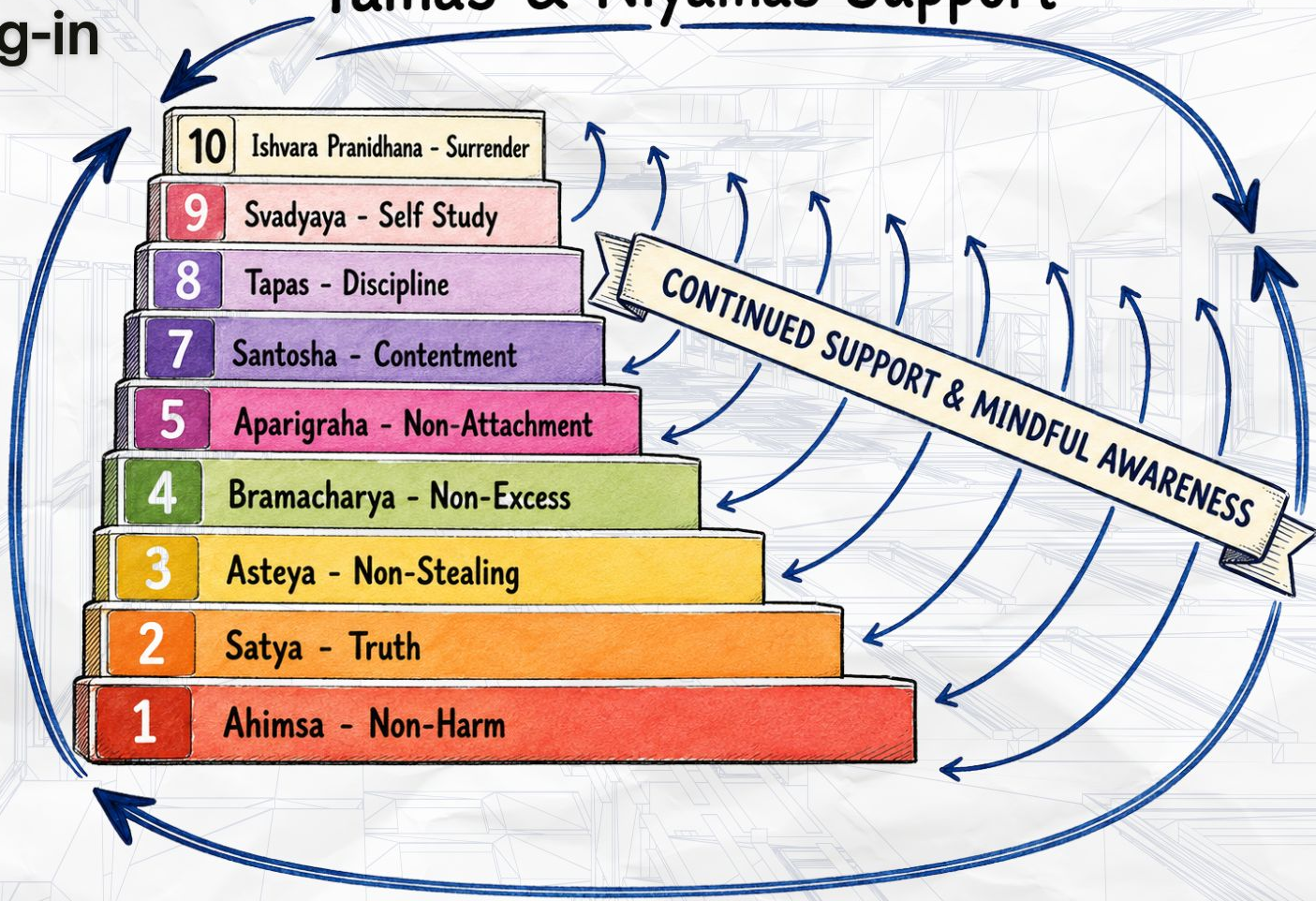
LECTURE

ASTEYA: EXPLORING NON-STEALING



Checking-in

Yamas & Niyamas Support



What is Stealing?

Consider some of the initial thoughts that come to mind when you think of what “stealing” means in your personal experience and upbringing.

How Did You learn this?

- Family?
- Community?
- School?
- Media?
- Literature?
- Religion?



Stealing from Self (and others)



- **Self Doubt** - What do you choose not to do/try/explore?
- **Disconnection** - to thoughts, needs/sensations of body (Ahimsa & Satya)
- **Past/Future** - worry, concern, guilt, shame, regret
- **Social Interactions** - What is priority? Listening to Respond/React
- **Lack of Accountability**
- **Attention & Focus** - where does this go? Why?
- **Defensiveness/Retaliation** - Preparing the fight rather than learning a new perspective
- **Gossip**
- **“Instant Gratification”** - What we think we need, where we “should be”, Jumping beyond competency
- **Procrastination**
- **Lack of Self Advocacy / Advocacy for others**
- **Withholding Truth / Altering Truth / Partial Truths**
- **Misaligned Expectations**





Asteya – Non Stealing

Ways Humans Steal from Other Humans:

Mass Incarceration

Manipulation

Transactional Relationships

Human Trafficking

Projecting Expectations
-societal, cultural, familial, relational
-consider yoga spaces....

Judgement & Prejudice

Colonization

Slavery

Oppression

Assumption & Biases

Shaming
(body, age, knowledge, language, culture, etc..)

Lack of Access to Resources

Listening to Respond

Disbelief / Misbelief

pharmaceuticals



Census & Voting District Restructure
(Gerrymandering)

LACK OF ACCOUNTABILITY

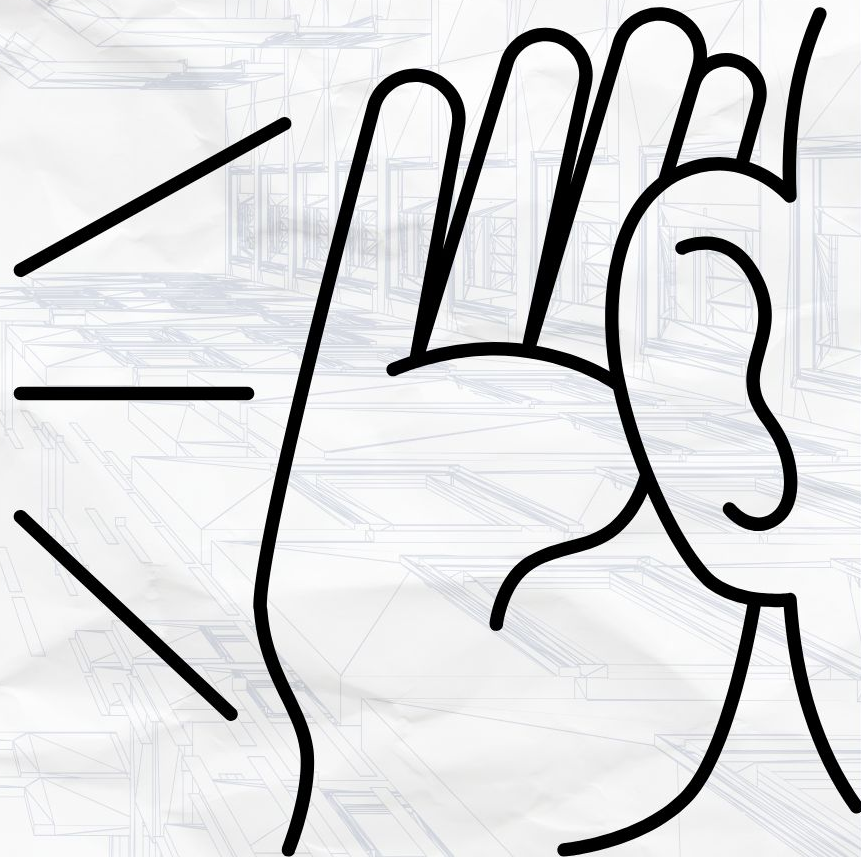


A Lack of Asteya Threatens Survival...

PART OF
LAYING DOWN YOUR PRIVILEGE
IS

LISTENING
TO
OPPRESSED
PEOPLE

WITHOUT ARGUING, INTERROGATING,
MINIMIZING OR GASLIGHTING
THEM



Kleshas – Barriers of Non-Stealing

ABHINIVESHA

Fear and anxiety
about impermanence

RAGA

Wanting what
we don't have

ASMITA

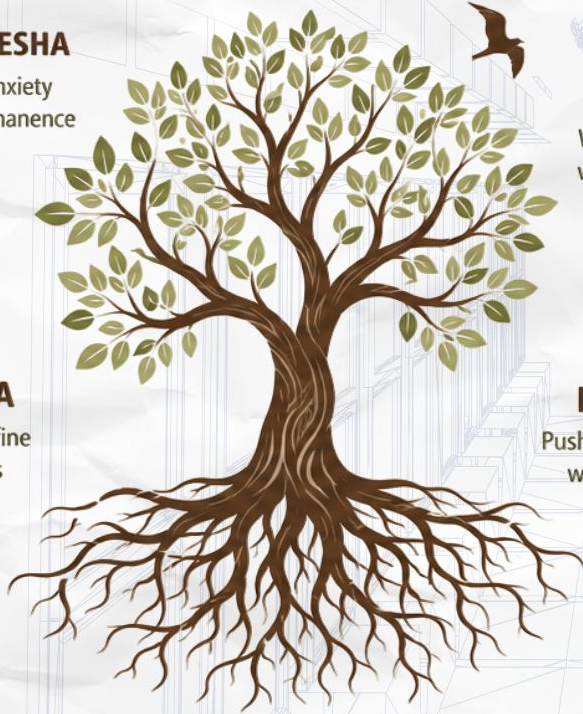
How we define
ourselves

DVESHA

Pushing away what
we don't want

AVIDYA

Seeing the world only
through our eyes



- Ignorance - Avidya
- Ego - Asmita
- Attachment - Raga
- Aversion - Dvesha
- Fear – Abhinivesha



Samskara

Distorted / Conditioned Falsehood

In Indian and Yogic philosophy, samskaras are the mental impressions left by all thoughts, actions, and intents that an individual has ever expected. They can be thought as psychological imprints.

A lack of Asteya in Yoga Spaces

- Inaccessible or misrepresented offerings
- Unconsented, Unsolicited, &/or Uninformed “hands on” guidance
- Lack of Agency for Participants
- Performative Instruction
- Assumption & Bias
- what else?



Asteya in Yoga Spaces

- Accessible and Inclusive Practices
- Clear Intentions, Consent, and Understanding of Practice Expectations
- Supporting Agency & Curiosity
- Clear Cues and Demonstrations
- Create Opportunities for Connection
- Dismantle Hierachry & Competitive Atmosphere
- what else?



Global Opportunity



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People Supporting One Another

Community, collaboration,
and mutual aid.



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Responsible Resourcing

Sustainable practices
and ethical sourcing.



.....

Equity and Inclusion

Fair representation and
access for all.



.....

Progression without Pollution

Clean technology and
environmental stewardship.

PAUSE & NOTICE

How might trauma steal from the lives of impacted individuals?



- Health/ Wellbeing
- Perceptions
- Relationships (self/others)



Breakout Room Session



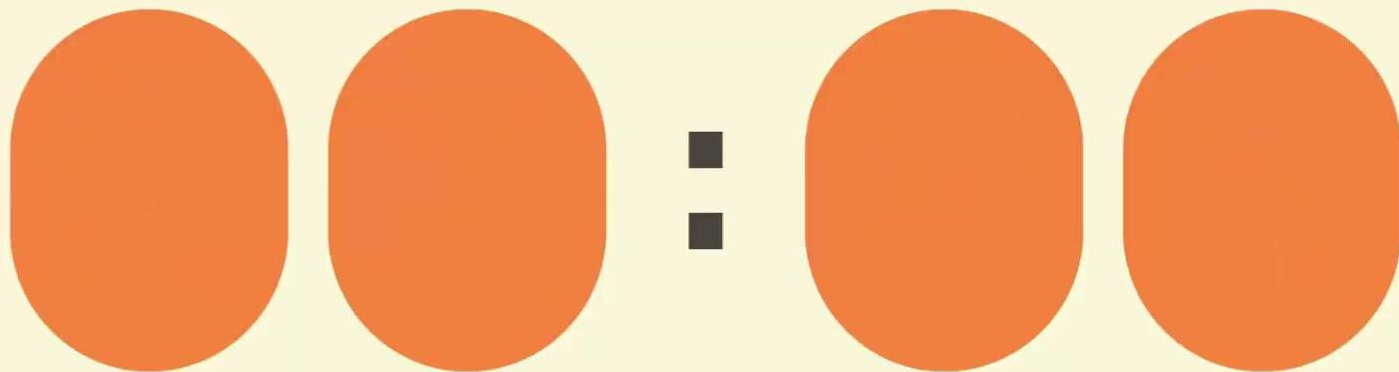
Considering this discussion and further exploration into the nervous system, how might your own practice of Asteya support yourself & those you serve?

- Health/Wellbeing?
- Perceptions/Intentions?
- Relationships (self/others)?

How might you incorporate this Yama into your facilitation?



TIME FOR A PAUSE

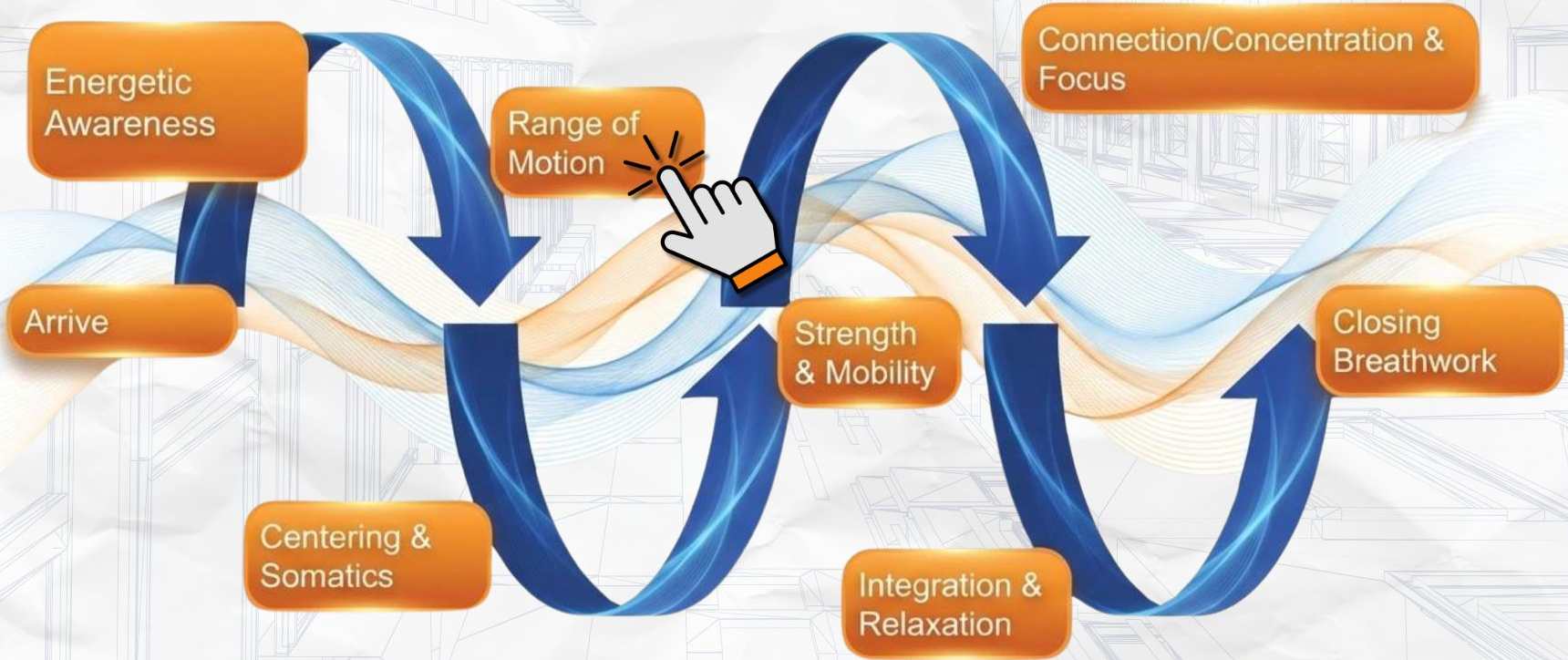


MOVEMENT LECTURE

Introductory Yoga & Mindfulness Program

(Week 3-Range of Motion)

Energetic Movement Trauma-Informed Sequencing



Week 3: Range of Motion

Exploring Physical & Emotional Space

Focus: Explore physical mobility and emotional capacity with curiosity and respect for limits.



Discussion Points:

- What does “range of motion” mean to you?
- Do you notice differences in your body from day to day?



Movement Practice (25–30 min):

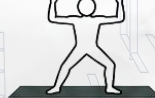
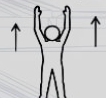
- Energetic Awareness: Light activation or grounding
- Range of Motion (Primary): Spine, shoulders, hips, gentle lunges, twists
- Centering: Pause to notice capacity
- Integration: Supine stretch or twist



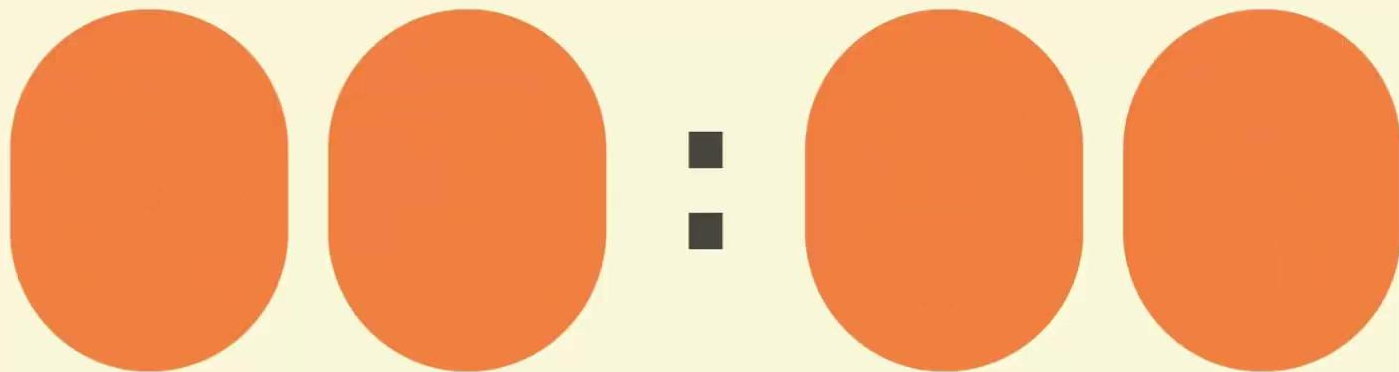
Closing Reflection:

- Did anything feel different or surprising in your movement?

Week3 Practice

Seated or standing Shoulder shrug shoulder roll swinging arms and exertive breath Explore feet, ankles, hands wrists	Shoulder shrug 	Shoulder roll 	Swinging arms 	Exertive breath 	Explore 
Seated or standing Dynamic reach- progressive backbend to forward fold	Reach up 	Reach forward 	Forward fold 	Half lift 	Return to stand 
Seated or standing From overhead reach to lateral bends - progressive ROM exploration	Overhead reach 	Side bend right 	Side bend left 	Open arms 	Relax seated 
Dynamic Full body stretch to smallest squat & fold	Star reach 	Goal post 	Smallest squat 	Fold 	Return to stand 
Coordinative ROM Marching to single leg balance	Walk in place 	Progressive march to ROM 	Held knee lift for balance 	Lateral weight shift 	Reach up 
Repeat overhead reach to ff with hela stretch & transition to ground/chair from FF Seated twist- respiratory ROM exploration w/4 part breath guided relaxation	Overhead reach 	Forward fold 	Sit down 	Seated twist 	4 part breath 

TIME FOR A PAUSE



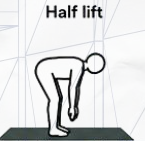
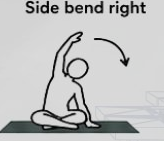
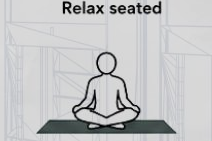
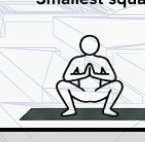
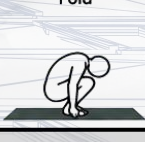
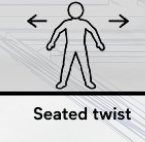
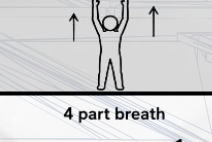


SEQUENCE LAB

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.



Week3 Practice

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Seated or standing Dynamic reach- progressive backbend to forward fold	Reach up 	Reach forward 	Forward fold 	Half lift 	Return to stand 
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Observing Strength

Weekly Mindfulness Practice

Consider:

- How do you define strength for yourself-physically, emotionally, mentally, or spiritually?
- What happens to your posture and breath when you feel strong or supported?
- Where do you notice strength in your body... chest, belly, jaw, shoulders, legs?
- What does your inner voice say about strength-kind, critical, demanding, or encouraging?
- When strong emotions arise, does your attention narrow, scatter, or steady?
- What helps you reconnect with strength-breath, grounding, support, movement, rest, or connection?
- When do you not feel strong, and what helps you return to steadiness or choice?

Reflection (optional):

- Today, strength felt like...
- When I did not feel strong, I noticed...
- What supports me in reconnecting with strength?
- How can I honor both strength and vulnerability?

Strength does not always mean pushing through. It can look like pausing, breathing, and allowing support.



PRISON YOGA
PROJECT

Going on Vacation



NO GROUP NEXT WEEK