

WELCOME!

WEEK 8

1ST HOUR

Welcome
& Agenda Review

Mindfulness Observations (Optional)

Lecture:
BRAHMACHARYA
Exploring Excess

Breakout Room

Group Discussion

2ND HOUR

Lecture:
**Introductory Yoga &
Mindfulness Program**
(Week 4)
**Centering & Somatic
Awareness**

Group Discussion

3RD HOUR

Breakout Room:
Sequence Lab

Group Discussion



LECTURE

BRAHMACHARYA:

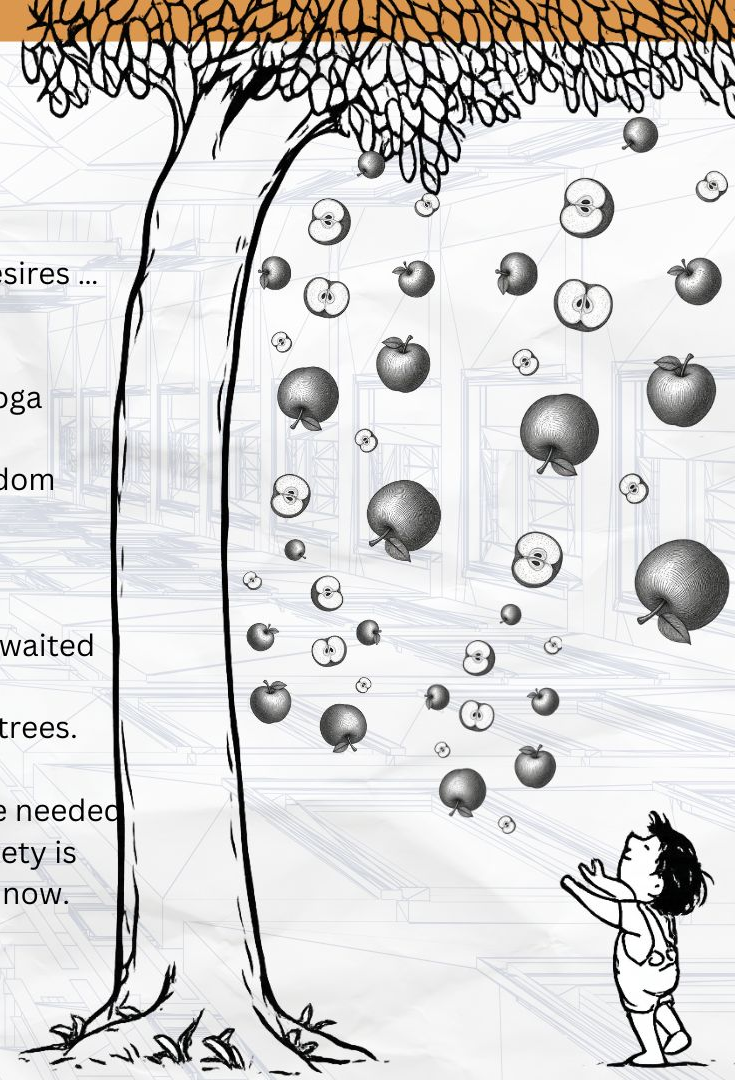
Exploring Excess

(Consumption, Addiction, and Waste)



Brahmacharya

- “Brahmacharya evokes a sense of directing our energy away from external desires ... and instead, towards finding peace and happiness within ourselves.”
- Brahmacharya... the **moderation** of the senses... is one of the key practices yoga offers for managing sensory cravings. Practically speaking, this means that brahmacharya turns the mind inward, balances the senses, and leads to freedom from dependencies and cravings.
- Moderation in Consumption, Action, Activity, & Involvement:
 - Many of us have eaten fruit, but how many of us have planted fruit trees, waited for them the fruit to grow and **then** eaten the fruit?
 - Most people have eaten fruit because someone else planted the fruit trees.
 - Some purchase more fruit than they can eat/sell (including grocers)
 - People who are willing to dedicate themselves to other's wellbeing are needed in society. If there is no one thinking about others' wellbeing, that society is definitely heading for ruin. That is what has happened to society right now. There are very few people thinking of everyone's wellbeing.
- Considerations for Strength & Resilience



Addiction & The Brain

- **Pre-frontal Cortex**

Responsible for higher-level functioning and decision making. This helps explain why negative consequences may be ignored.

- **Nucleus Accumbens**

Responsible for reward and pleasure. This helps explain why substances feel rewarding.



- **Ventral Tegmental Area**

Responsible for desire and motivation. This helps explain why we want to use substances.

Cycle of Addiction

Intoxication



Withdrawal



Anticipation



Addiction & The Brain pt. 2



Intoxication

During intoxication, substances cause spikes in dopamine release, creating pleasurable feelings and activating the brain's reward system. With repeated use, the brain also learns to associate the pleasure with external cues, which can trigger the desire to use the substance again.



Withdrawal

During withdrawal, reduced euphoria leads to dysphoria. With extended substance use, withdrawal symptoms worsen as the brain's response to dopamine decreases. Over time, this leads to increased stress reactivity and greater sensitivity to the brain's "anti-reward" system, making withdrawal more difficult.



Anticipation

During anticipation, individuals seek substances after effects wear off. This disrupts dopamine and glutamate regulation, impairs decision-making and emotional control, and increases vulnerability to relapse—putting the individual at risk of repeating the cycle of addiction.



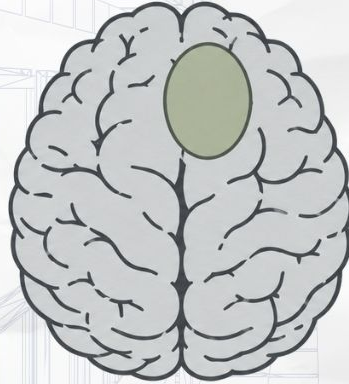
Addiction & The Brain pt. 3

Threat



The emotional
part of our
brain...

Reward



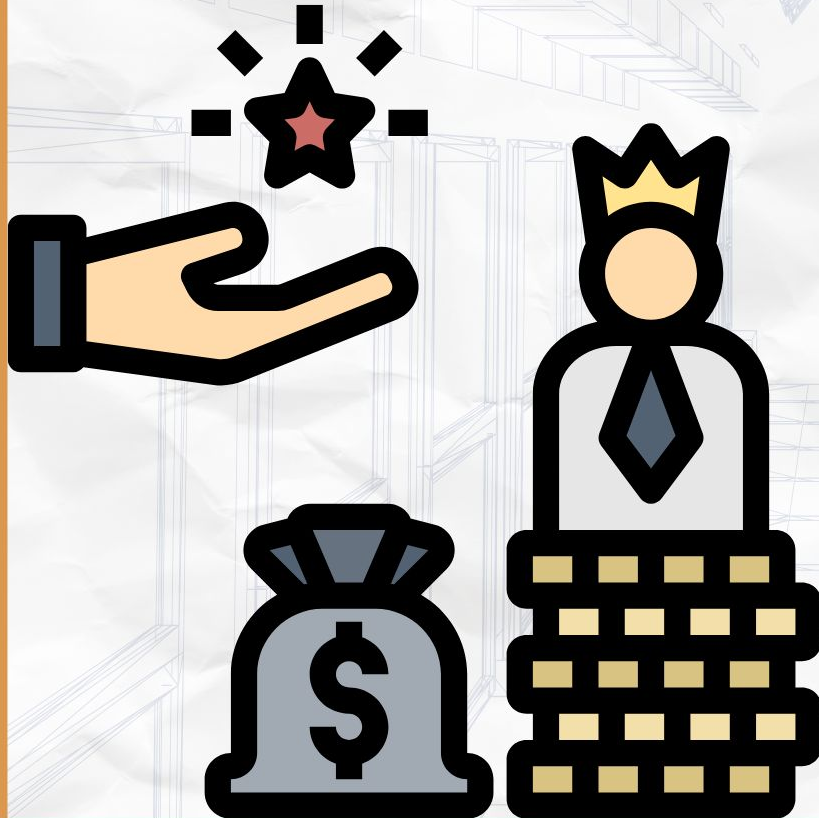
The rational
part of our
brain...



PAUSE & NOTICE

Addiction to Privilege

Questions to Consider:



- “Exploring aspects of Patriarchal Hierarchy, White Supremacy, and Privilege... how does this connect to excess and addiction?”
- What Thoughts/Embodied Sensations arise with the statement “Addiction to Privilege”?
- What similarities can be identified between the actions of societal oppression and actions of addiction?
- Can one be addicted to privilege to the degree of harm to self and others? How so? What might be beneficial actions to support healing?
- How might the Kleshas impact the human need for excess?
 - Fear, Aversion, Ignorance, Attachment, Ego



Exploring Personal Excesses

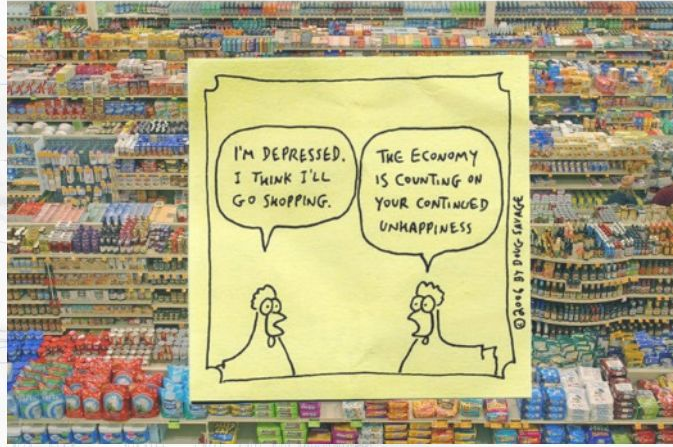
Brahmacharya offers that **anything** external to ourselves that becomes more vital to our existence than our own self is ultimately harmful. When things/stuff, social status, substances, ect. become our focus, we create barriers to our mind/body/spirit connection and the need/anticipation leads to suffering anytime the need is not met.

- Substance Misuse/Abuse
- Social Media / Television / Cell Phone
- Exercise
- Food
- Shopping
- Relationships (Sexuality*)
- Multi-tasking / Work
- Ruminating (thoughts)

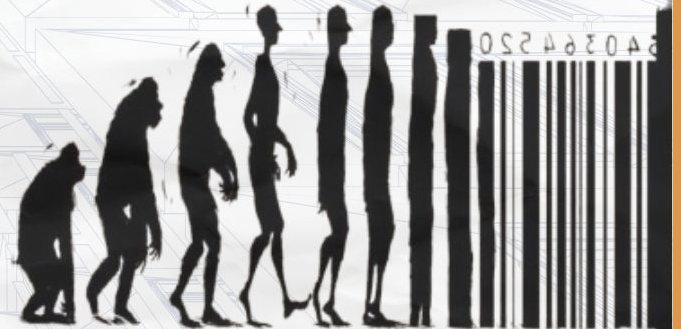


If you are happy, CONSUMERISM IS DEAD

PRISON YOGA
PROJECT



'RAT RACE'



PRISON YOGA
PROJECT

Applebee's

ALL YOU CAN EAT

RIBLETS, TENDERS NOW WITH SHRIMP \$14⁹⁹



ARCHITECTS
GOLF CLUB
Member Only

AN UNCOMMON EXPERIENCE SHUT ON TUB TION

"ALL YOU CAN EAT"

Friday Night FAMILY BBQ

Starts Friday, May 27th & Runs All Summer Long!

BBQ: 6-9 pm ~ Live Music Every Week @ 6:00 pm!

Adults \$15.95 ~ Kids (12 & Under) \$10.95
Tax & Gratuities Additional

BBQ Friday Buffet Selections:

	RIBS MUSHERS HAMBURGERS CHEESEBURGERS BBQ CHICKEN	BBQ PORK GRILLED SAUSAGES ASSORTED SALADS DESSERTS FRESH FRUIT
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Come Early! **HAPPY HOUR SPECIALS FROM 6-8 P.M.:**
Drafts \$2 Domestic, \$3 Imports, \$4 Well Drinks, \$4.50 House Wine Glass

All you can eat
Rest stop

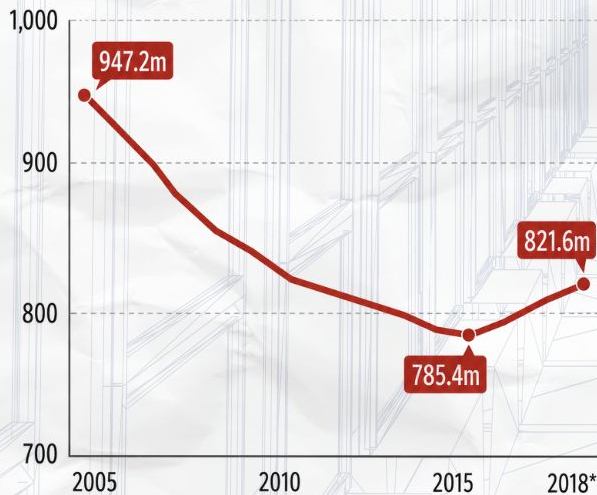


Food Insecurity

World Hunger Rises For Third Successive Year



Number of malnourished people worldwide from 2005 to 2018



* Projection

Source: UN Food and Agriculture Organization



WHAT IS FOOD INSECURITY?

- ✓ Lack of consistent access to enough food for all household members to have an active and healthy life.
- ✓ Limited or uncertain availability of nutritionally adequate foods.

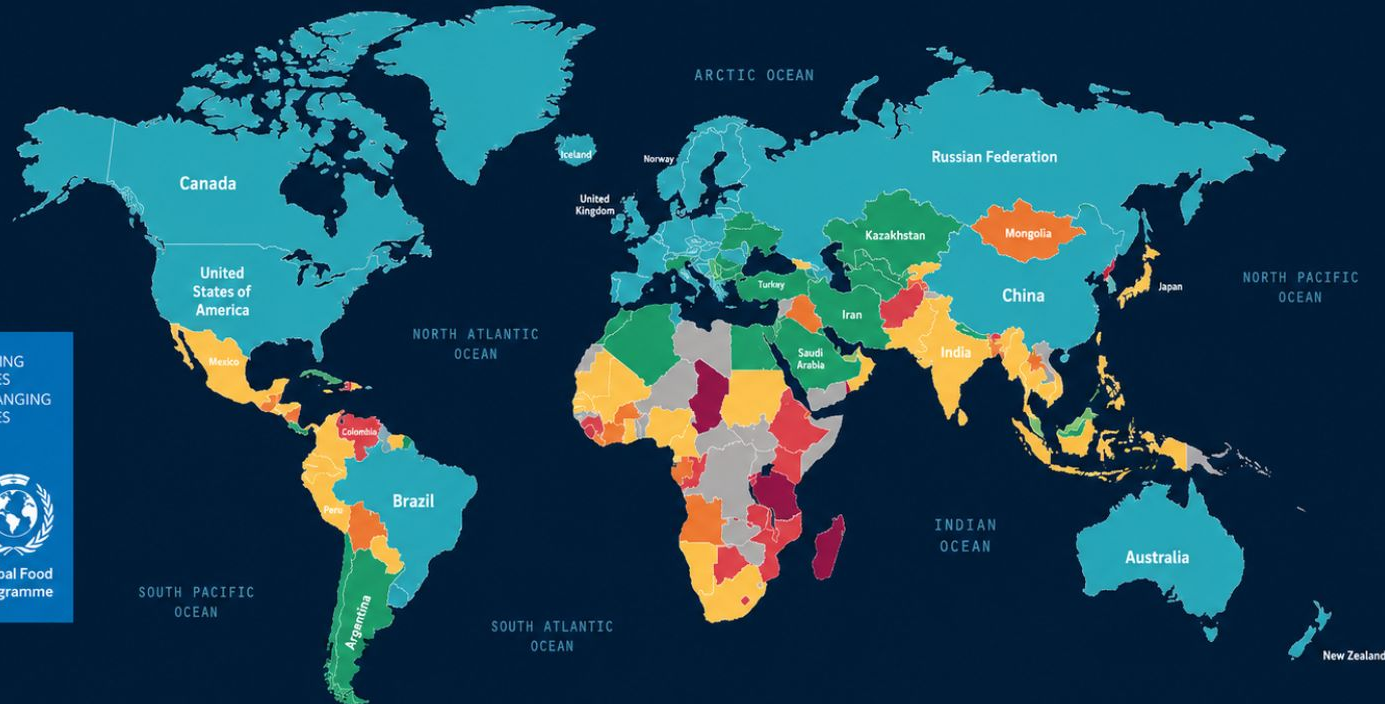
HOW DOES FOOD INSECURITY HAPPEN?



Overlapping life challenges force families to make trade-offs between housing or medical bills and nutritionally adequate food.

WHO IS AFFECTED BY FOOD INSECURITY?





Hunger Map 2020

CHRONIC HUNGER



<2.5%



<5%



5-14.9%



15-24.9%



25-34.9%



>35%



DATA NOT
AVAILABLE

If current trends continue, the number of hungry people will reach 840 million by 2030

Source: FAO, 2020. FAO, 2020. *The State of Food Security and Nutrition in the World. Transforming food systems for affordable healthy diets.* Rome.

Data: FAO, 2020. FAOSTAT: Suite of Food Security Indicators. Rome.

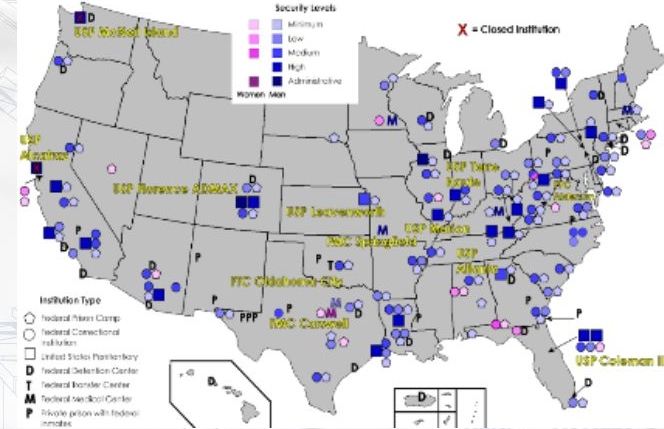
Notes: Prevalence of undernourishment is the estimated percentage of the population whose habitual food intake is insufficient to meet dietary energy requirements.

Disclaimer: The boundaries and names shown and the designations used on this map do not imply the expression of any opinion whatsoever on the part of the Food and Agriculture Organization of the United Nations concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries.

Prevalence of undernourishment in the total population (percent) in 2017-19

Superfund Sites, Correctional Facilities, & Elderly Housing

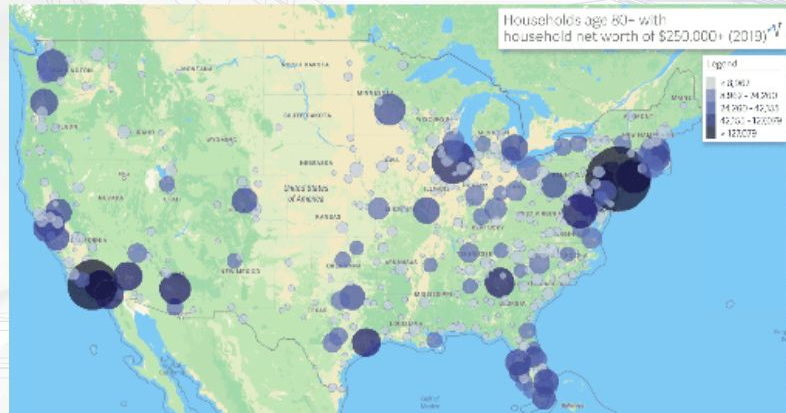
1,344 active Superfund sites in the United States

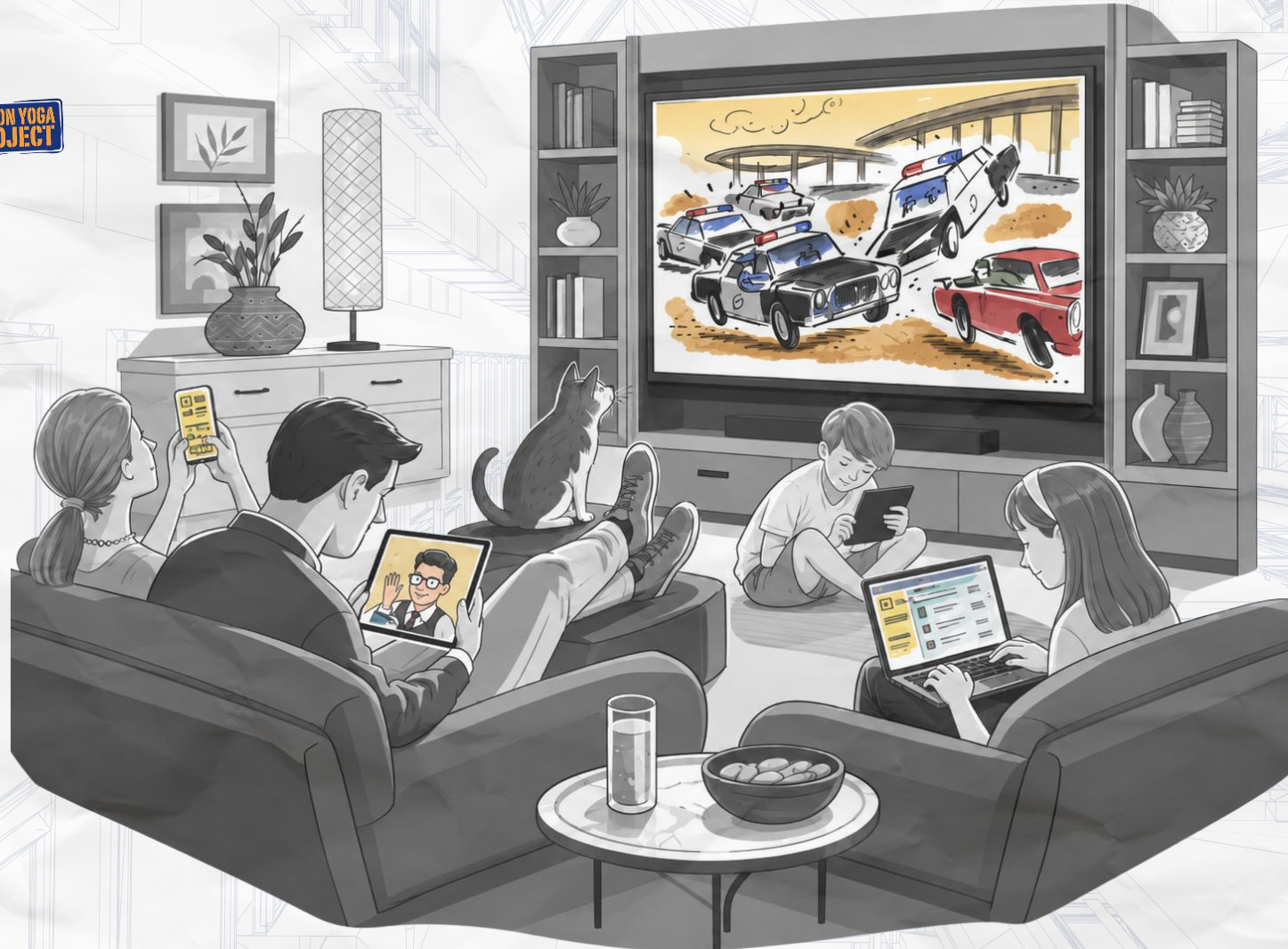


Number of US State Prisons per State



Households age 80+ with household net worth of \$250,000+ (2019)







The 6th Extinction

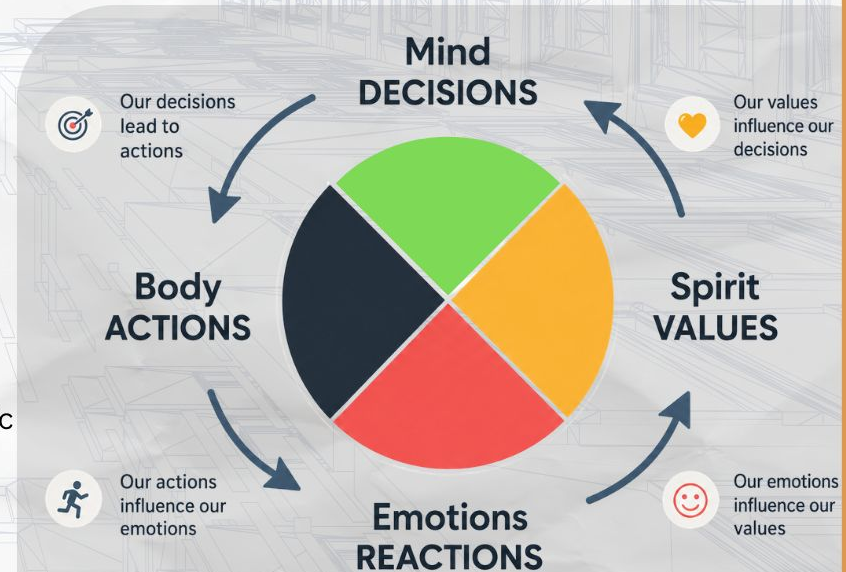
What is the 6th Mass Extinction?

A mass extinction is a short period of geological time in which a high percentage of biodiversity, or distinct species... bacteria, fungi, plants, mammals, birds, reptiles, amphibians, fish, invertebrates—dies out. In this definition, it's important to note that, in geological time, a 'short' period can span thousands or even millions of years. The planet has experienced five previous mass extinction events, the last one occurring 65.5 million years ago which wiped out the dinosaurs from existence. Experts now believe we're in the midst of a sixth mass extinction.

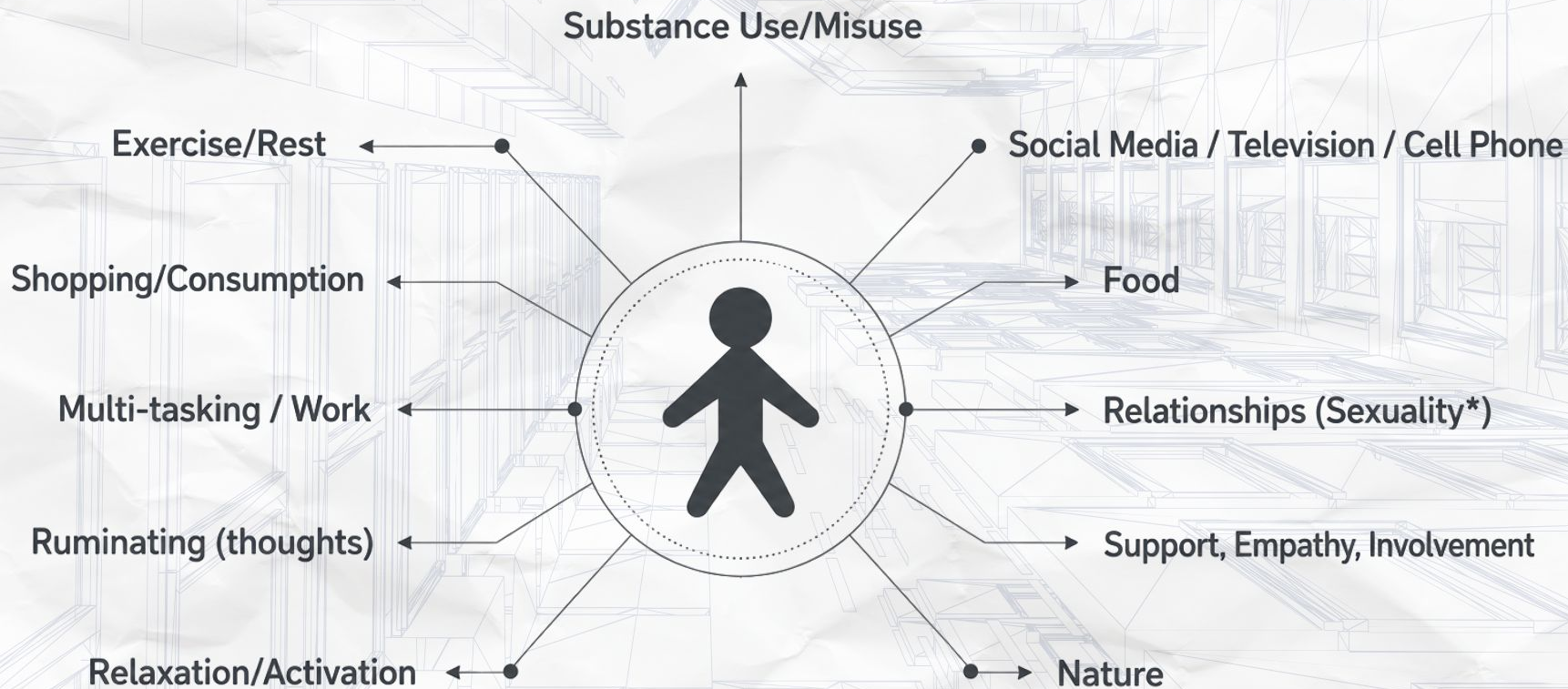
- Driven by Human Activity - Humans are the Extinction Factor
 - Unsustainable Use of Land, Energy, & Water
 - Agriculture, Deforestation, Pollution
- In the last 100 years...
 - 50% of Animals & 25% of Birds now extinct

Acts of Scared Rebellion:

- Pick one thing...then another...
- Research sourcing of products purchased
- Look at your own consumption and see where change is realistic
- Plant gardens, protect pollinators, support local growers



Finding Balance





Breakout Room Session



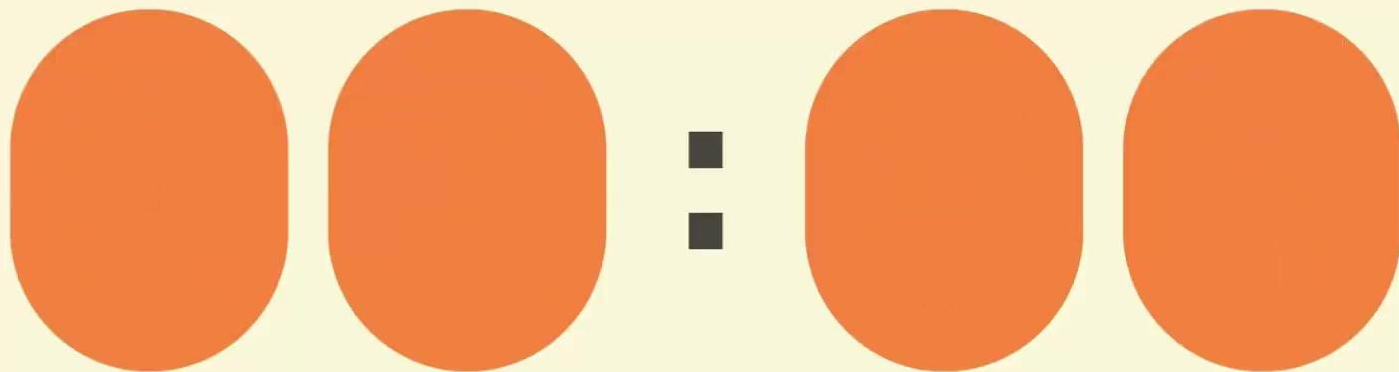
Considering this discussion and further exploration into Brahmacharya, how might your awareness of excess support yourself and those you serve?

- Exploring Excess:
 - Consumption and use of resources
 - Addiction and compulsive behaviors
 - Attention and energy
 - Waste and its impact on self, others, and community

How might you incorporate this Yama into your facilitation?



TIME FOR A PAUSE

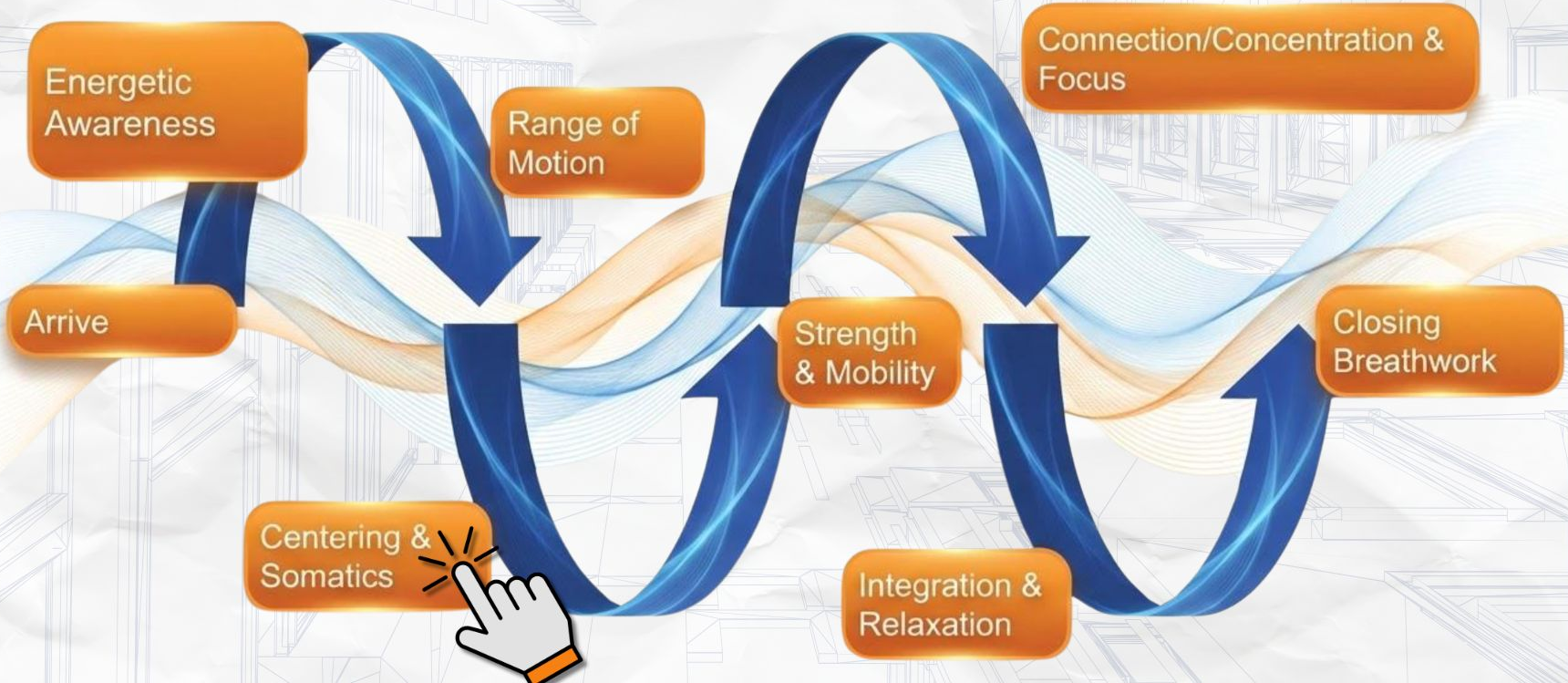


MOVEMENT LECTURE

Introductory Yoga & Mindfulness Program

(Week 4 - Centering & Somatic Awareness)

Energetic Movement Trauma-Informed Sequencing



Week 4: Centering & Somatic Awareness

The Power of the Pause

Focus: Build awareness of the pause between stimulus and response.



Discussion Points:

- What happens when you pause before reacting?
- Is stillness comfortable or challenging?



Movement Practice (25–30 min):

- **Energetic Awareness:** Brief activation to support regulation (Continue building regulation competency)
- **Range of Motion:** Continued exploration from previous week (Physical &/or Emotional ROM)
- **Centering (Primary):** What supports your pause? Tense/release, breath awareness, micro-movements, orienting, noticing gravity
- **Integration:** Seated or guided stillness



Closing Reflection:

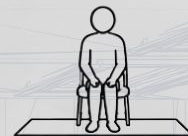
- When might a pause support you this week?
- One word for how pausing felt today.

Week 4 Practice

1. DISCUSS MOVEMENT OF REGULATION DISCUSSED IN PREVIOUS WEEKS.

INVITE ALL TO:

walk/march/run, rock side to side,
tense/release, and self compress

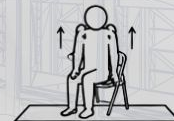


2. INVITE A PAUSE TO NOTICE

this progression from exertion to
compression. Pause & Notice
how stillness feels. Return to
walk/march/run for 30–45 seconds
with pause



3. CONTINUE THROUGH ROCKING, SHRUGGING, COMPRESSION, EACH WITH A PAUSE TO NOTICE AND PRACTICE MINDFUL AWARENESS (CENTERING)



4. INVITE A FULL BODY STRETCH THEN FULL BODY SHAKE

Pause & Notice
Practice mindful awareness



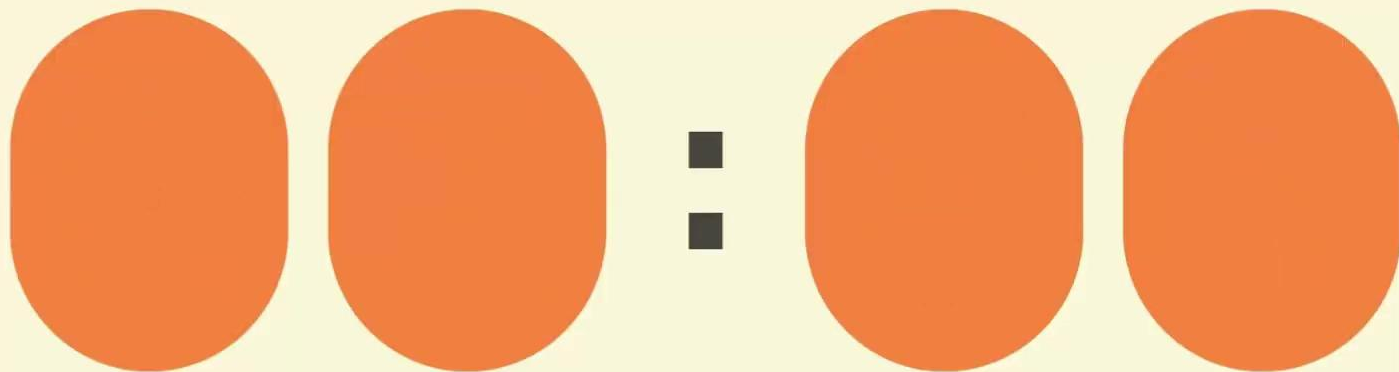
5. INVITE PARTICIPANTS TO STAND EXPLORE ROM TO EXTEND LEG THROUGH PROGRESSIVE LUNGE ON RIGHT AND LEFT SIDE



6. RETURN TO STANDING. TRANSITION TO CHAIR SUPPORTED FORWARD FOLD, TO KNEELING CHAIR REST THEN TO FINAL REST WITH LEGS UP CHAIR



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.



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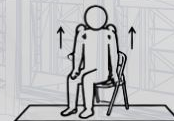


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Balance & Stability

Weekly Mindfulness Practice

Consider:

- Where do you notice steadiness or wobble in your body today?
- What helps you feel grounded and supported?
- How do you respond when your balance feels challenged?
- Can you soften, adjust, and begin again without judgment?
- What changes when you focus your gaze and steady your breath?
- How might physical balance reflect emotional or mental balance?

Reflection (optional):

- When do I feel most grounded or steady?
- What tends to throw me off balance?
- What helps me return to stability?
- How can I practice steadiness with patience and self-compassion?

