

WELCOME!

WEEK 9

1ST HOUR

Welcome
& Agenda Review
Mindfulness Observations (Optional)
Mid-Training Check-in

Lecture:
APARIGRAHA
Non-Attachment

Breakout Room
Group Discussion

2ND HOUR

Lecture:
Introductory Yoga &
Mindfulness Program
(Week 5)
Strength & Resilience

Group Discussion

3RD HOUR

Breakout Room:
Sequence Lab

Group Discussion



Training Mid-Point

Check-in





Training Mid-Point

WHAT'S NEXT?

- Live Session Week 9 of 19
 - October 15th is Graduation Ceremony!
 - Covering Learning Module 7 of 13
 - (Module 14 Explains Course Completion Requirements)
- Continue discussions exploring personal, community, & global experiences:

Yamas:

- Ahimsa
- Satya
- Asteya
- Brahmacharya
- Aparigraha

Niyamas:

- Saucha
- Santosha
- Tapas
- Svadyaya
- Ishvarna Pranidhana

- Live Session Agenda focus shifts:
 - Allow more space for Practical Workshops
 - Cultivating a unique & sustainable self practice
 - 9/21-10/14 time for sharing final practice sequences

Check-in

- How are Topics/Discussions Landing w/You?
- What is your personal energetic/engagement level?
- Consider your Intentions for Service:
 - How do your Interests & Passions provide support?
 - What can you "practice" in this shared space?



ReEvaluate Your "WHY"

- Why yoga?
- Why teach?
- Why carceral spaces?
- Why vulnerable communities?
- Why now?

Who are you becoming in the process of doing this work... and how will you ensure that your presence creates more agency, not more harm?



LECTURE

APARIGRAHA: Exploring Non-Attachment (Letting Go)



Where Does Attachment Exist?

Non-Attachment is the Final Yama / Attachment is a Klesha

What support exists with the foundation of the Yamas explored in previous sessions to identify attachments?

Where attachment exists and identifies with...

Yama lens

Ahimsa → Harm

Satya → Non-Truth / Manipulation

Asteya → Stealing

Brahmacharya → Excess / Addiction

Klesha lens

Abhinivesha → Fear

Asmita → Ego / Pride

Dvesha → Aversion / Hatred

Avidya → Ignorance / Lack of Knowledge





Where Can “Letting Go”/ Non-Attachment begin?

Future Time Traveling

Living in “when...”

- “When I finally...”
- “Once things settle down...”
- “I’ll be okay when...”
- “Things will be better after...”
- Waiting to live until another situation or status arrives

Past Time Traveling

Living in “if only...”

- “If only I had...”
- “I should have known...”
- “Why did I let that happen?”
- “Things were better before...”
- “I wish I could go back...”
- Replaying conversations, mistakes, losses, or missed opportunities
- Judging old choices with new information



When we hold on to ideals rather than embrace our current selves we potentially miss opportunities that serve us best.



When we make decisions based on our actual current needs rather than delaying in wait for another situation/status we are open ourselves up for new opportunities we may not have been able to consider.



Practicing Non- Attachment toward Others:

Release:

Our Expectations, Hopes, Aspirations for Others
How can support look without expectation?

Assumptions, Biases, Judgements, Greed
What might communities look like without these?



What else comes to mind when considering non-attachment?



Barriers to Letting Go

Common barriers can include:

- No Understanding of How/Why
- Lack of Resources/Options/Support
- Fear:
 - Past Experience
 - The unknown is more scary than what is already known
- Identity
 - Who am I without... (this story, this relationship, this job, this stuff)
- Guilt
 - Hurting others
 - Concern for others' wellbeing
- Self Doubt
 - I won't succeed
 - I can't





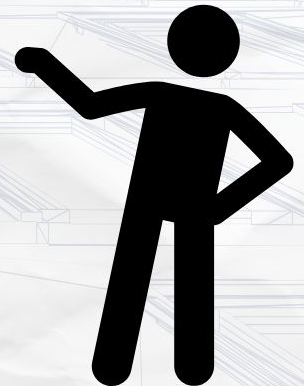
Support for Letting Go

Deepen your Relationship to SELF

- Yoga & Mindfulness (Intention)
 - Continued self study and practice
 - Where is harm? What is true for me? What do I actually need?
- Meditation Practice
- Journaling
- Trusting you "Gut" Instinct
- GRATITUDE
- Accountability, Understanding, Patience

Approach External Relationships Mindfully

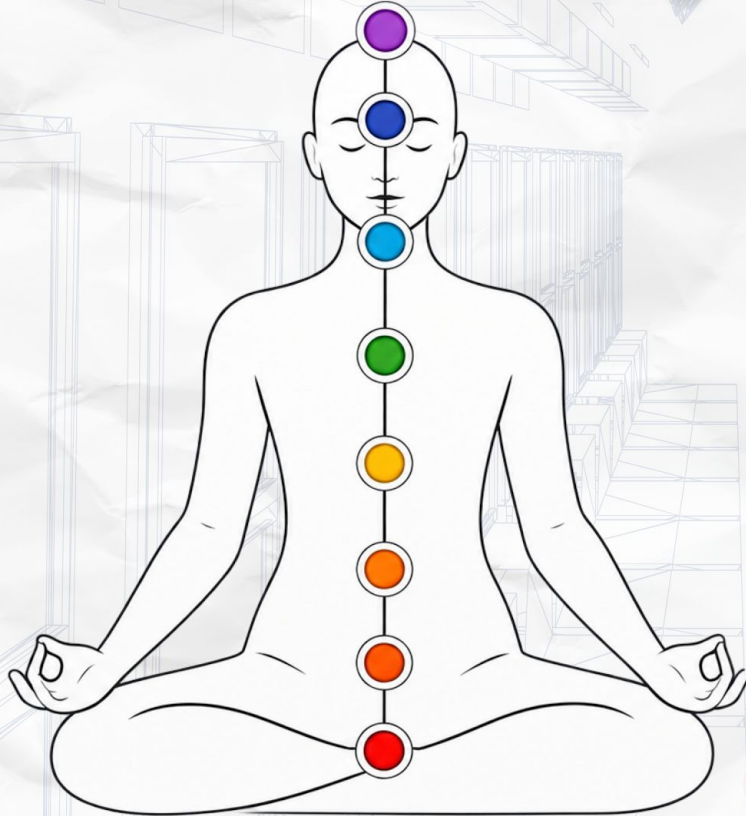
- The Four Agreements
 - (Impeccable w/Word, Do Your Best, NOT Personal, NO Assumptions)
- Non-Harm, Truth, Non-Stealing, Non-Excess



WHY PRACTICE APARIGRAHA?

a consideration for the chakra system

The 7 Chakras and Their Meaning



1. Crown Chakra

SAHASRARA

knowledge, consciousness,
fulfillment, spirituality

"I UNDERSTAND"



2. Third Eye Chakra

AJNA

intuition, lucidity,
meditation, trust

"I SEE"



3. Throat Chakra

VISHUDDHA

communication, expression,
creativity, inspiration

"I TALK"



4. Heart Chakra

ANAHATA

acceptance, love,
compassion, sincerity

"I LOVE"



5. Solar Plexus Chakra

MANIPURA

strength, personality,
power, determination

"I DO"



6. Sacral Chakra

SVADHISHTHANA

sensuality, sexuality,
pleasure, sociability

"I FEEL"



7. Root Chakra

MULADHARA

energy, stability,
comfort, safety

"I AM"



Indicators of Imbalance

Crown – Sahasrara

- Inability to Make Decisions, Dissociation, Greed, Depression, Domination over Others, Destructive Behavior

Third Eye – Ajna

- Vision Problems, Headaches, Migraines, Dizziness, Mental Confusion

Throat – Vishuddha

Lost for Words, Sore Throat, Teeth Grinding, Ear Pain, Sinus Infections, Thyroid Issues

Heart – Anahata

- Breathing Issues, Heart Issues, Infections, Chronic Fatigue, Critical of Self & Others, Isolation, Lack of Empathy

Solar Plexus – Manipura

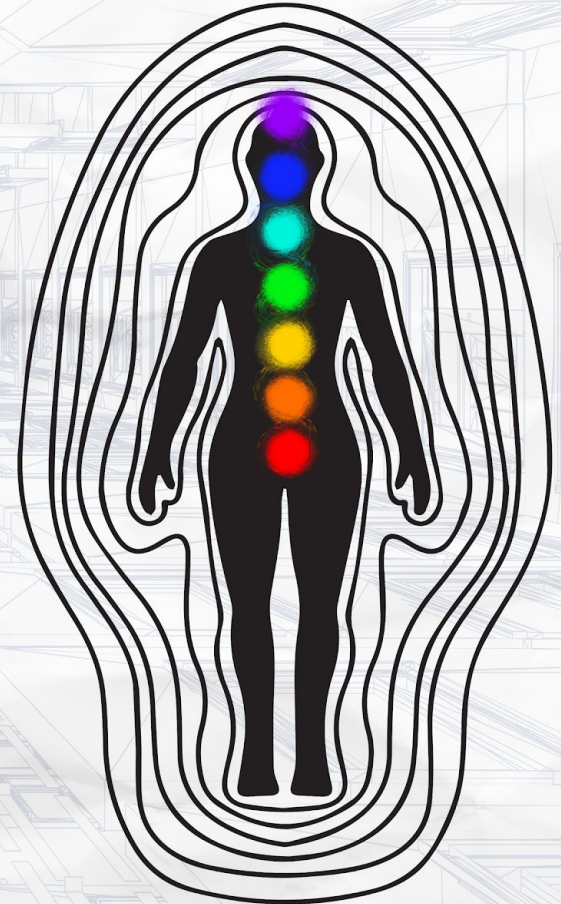
- Lack of Confidence/Insecurity, Low Self-Esteem, Digestive issues, IBS, Ulcers

Sacral – Svadhisthana

- Lack of Control/Inability to cope with change, Detached Emotions, Unfulfilling relationships, Sexual Dysfunction, Lack of Creativity

Root – Muladhara

- Sluggishness, Colon & Bladder Elimination Issues, Lower Back Pain, Left Limb pain, Inflammation, Cramping, Nervous & Fearful



Causes: Linking Adverse Childhood Experiences

part 1



CROWN: Negativity and uncertainty in the world contributes to blockages in the Crown Chakra. Exposure to repeated lies, misinformation and expectations of blind obedience without reason or alignment with personal truth cause individuals to become complacent and uninspired. Essentially experiences that lead us question our faith and spirituality contribute to the clouding of this chakra.

THIRD EYE: Constant changes without resolution and traumatic events “beyond our control” can cause blocks to this chakra. When we are unable to complete tasks, find closure, and/or plan ahead we begin to lose the desire to do so out of fear of disappointment.

THROAT: The throat chakra can become clogged when personal truth is compromised. This can be the result of lies and secrets told and held on to that are painful, manipulative, traumatic, forced, and/or exaggerated.

HEART: Profound grief, broken trust, continued disappointment, and other emotional disturbances that result in heartache build the callouses around the heart chakra.



Causes: Linking Adverse Childhood Experiences

part 2



SOLAR PLEXUS: Experiences that lead to feelings of Shame reside in the solar plexus. Feelings that “Your will/personal resolve is broken” because your ethics have been compromised or you have been pushed inappropriately out of your comfort zone.



SACRAL: Guilt sits within the sacral chakra. When an experience causes us to feel guilty, a direct assault to our personal morals, we become disconnected to our emotions and ability to connect with others.



ROOT: Insecurity and instability lead to blockages of the root chakra. Uncertainty about home, such as children in foster care or individuals who are moved often without the ability to feel settled have difficulty finding security and feeling of being grounded and connected.



Qualities, Body Connections & Signs of Imbalance

CHAKRA (Sanskrit Name)	CORE QUALITY / BALANCED THEME	BODY CONNECTIONS (Organs & Systems)	POSSIBLE SIGNS OF IMBALANCE
1  Crown (Sahasrara)	 • Intuitive knowledge • Deeper understanding • Spiritual connection • Wonder & completeness	 Brain, skull, pineal gland, nervous system	 • Dizziness • Vision issues • Cognitive issues • Memory problems
2  Third Eye (Ajna)	 • Intuition & insight • Creativity & imagination • Flexible viewpoints • Higher consciousness	 Eyes, ears, brain areas, pituitary gland	 • Ear/eye issues • Balance issues • Sleep issues • Hormonal dysfunction
3  Throat (Vishuddha)	 • Communication • Expression & creativity • Public speaking • Authentic voice	 Throat, thyroid, neck, mouth, lungs, bronchial area	 • Throat problems • Neck stiffness • Thyroid imbalance • Breathing issues
4  Heart (Anahata)	 • Emotional balance • Love & compassion • Forgiveness • Heart-centered service	 Heart, lungs, circulation, thymus, skin, hands	 • Chronic fatigue • Upper back pain • Anxiety/depression • Respiratory ailments
5  Solar Plexus (Manipura)	 • Healthy boundaries • Willpower & self-confidence • Personal power • Stamina & drive	 Stomach, liver, pancreas, gallbladder, digestion, metabolism	 • Indigestion • Panic attacks • Liver problems • High blood pressure
6  Sacral (Svadhithana)	 • Vitality & sensitivity • Creativity & pleasure • Healthy emotional expression • Confidence & flow	 Reproductive organs, kidneys, bladder, lower abdomen, sexuality	 • Lower back pain • Infertility / PMS • Digestive problems • Kidney or gallbladder issues
7  Root (Muladhara)	 • Grounding & stability • Safety & security • Connection to body • Commitment	 Spine, bones, legs, feet, rectum, intestines, adrenal support	 • Clumsiness • Sleep issues • Poor circulation • Reproductive or metabolic issues



Balanced chakras support vibrant health, emotional well-being, and spiritual alignment.



PAUSE & NOTICE



Consider First for Yourself:

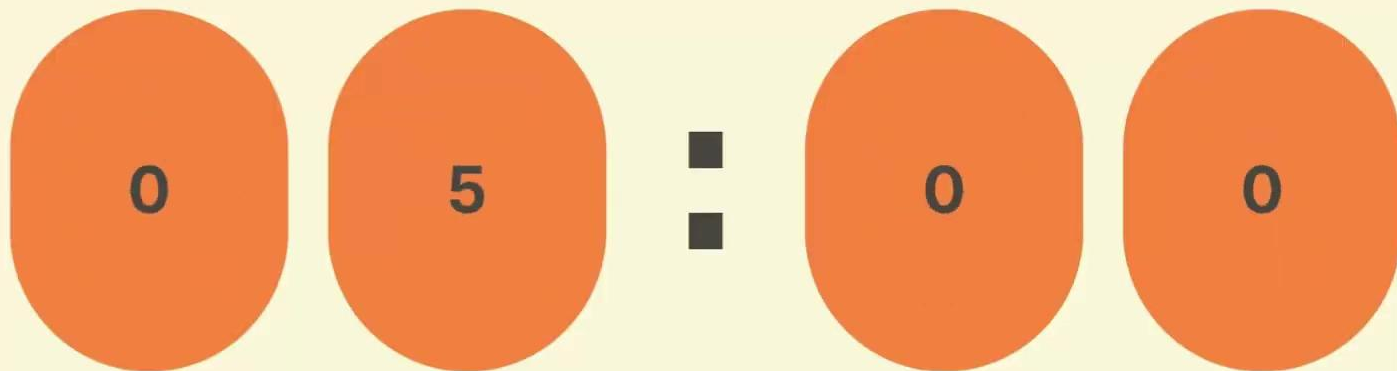
(journal or notes)

- What observations/insights/considerations arise for you as you explore non-attachment and Chakra philosophy?

Question for Group Discussion:

- How might you incorporate/introduce these topics in your facilitation?

TIME FOR A PAUSE

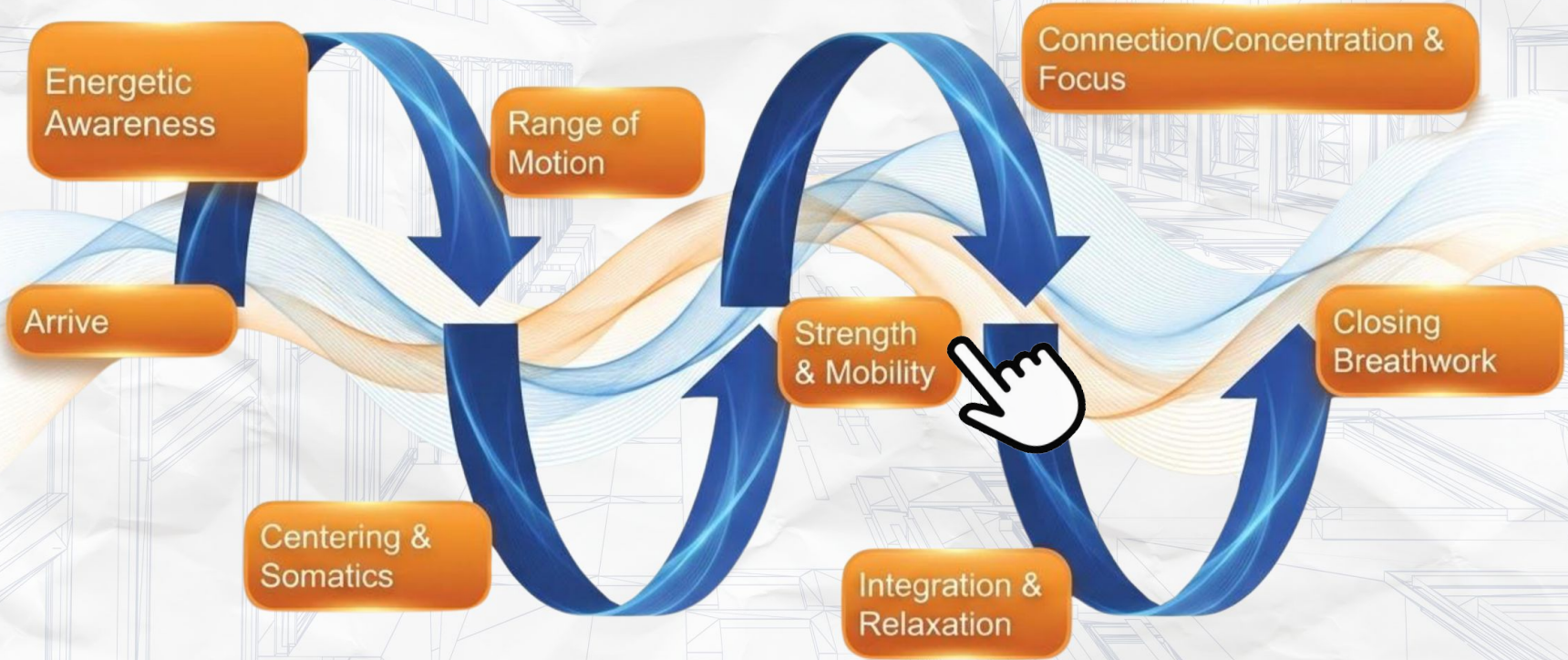


MOVEMENT LECTURE

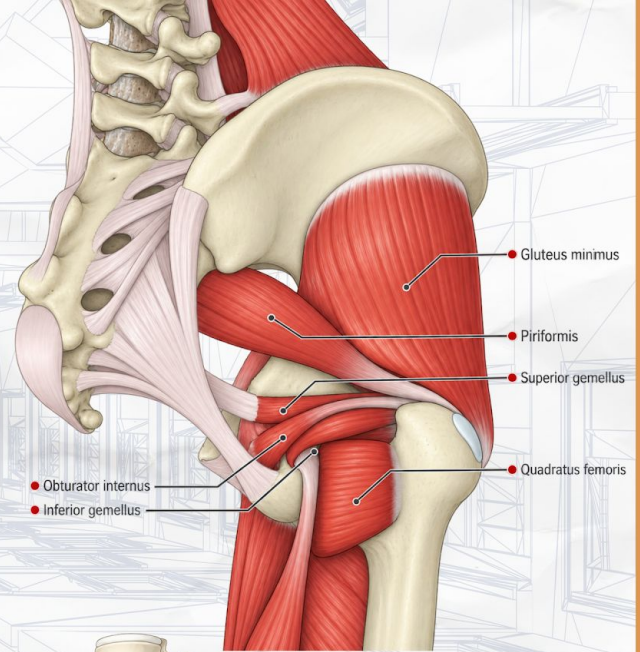
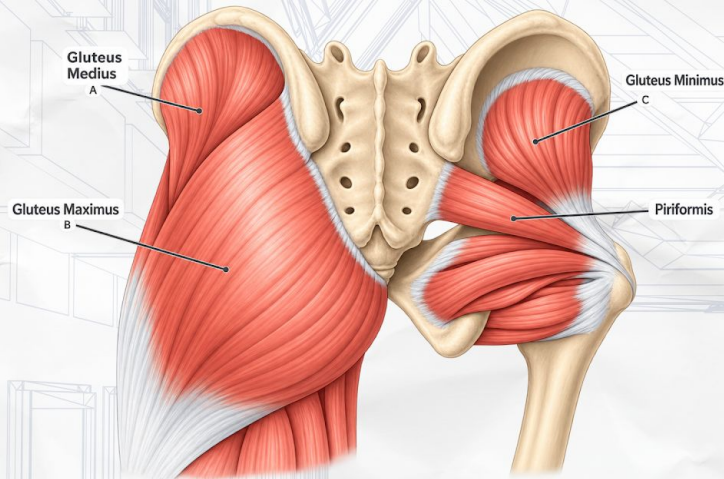
Introductory Yoga & Mindfulness Program

(Week 5-Strength & Resilience)

Energetic Movement Trauma-Informed Sequencing

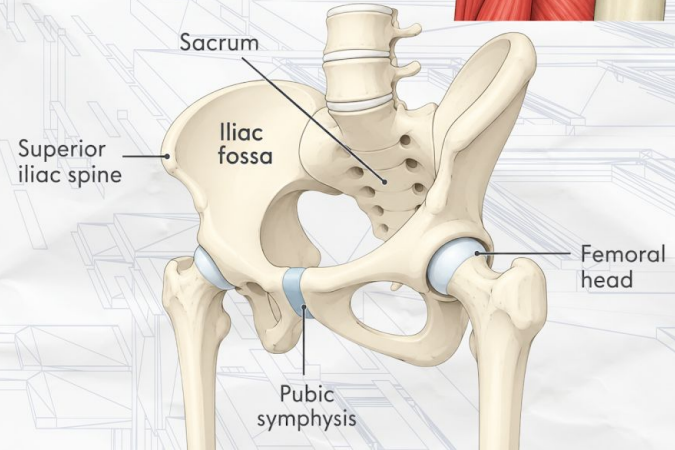
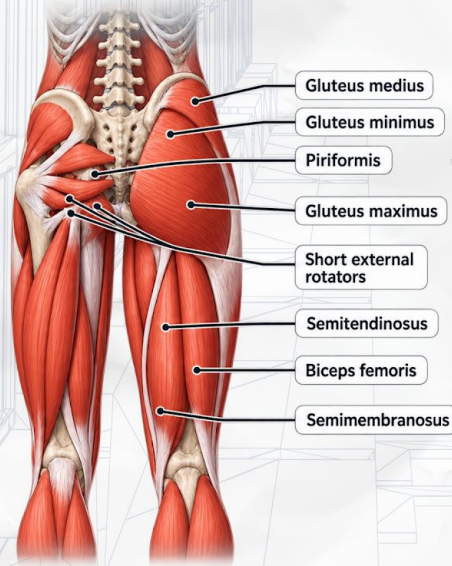
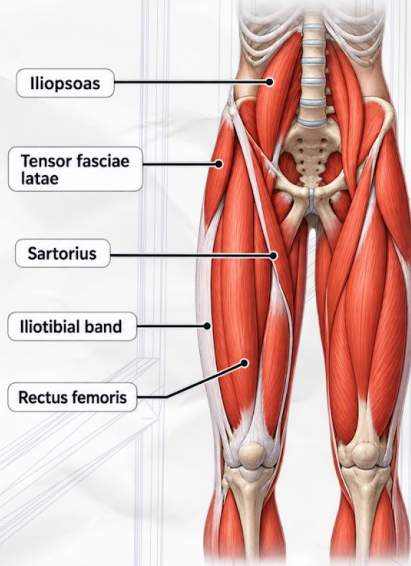


Hips

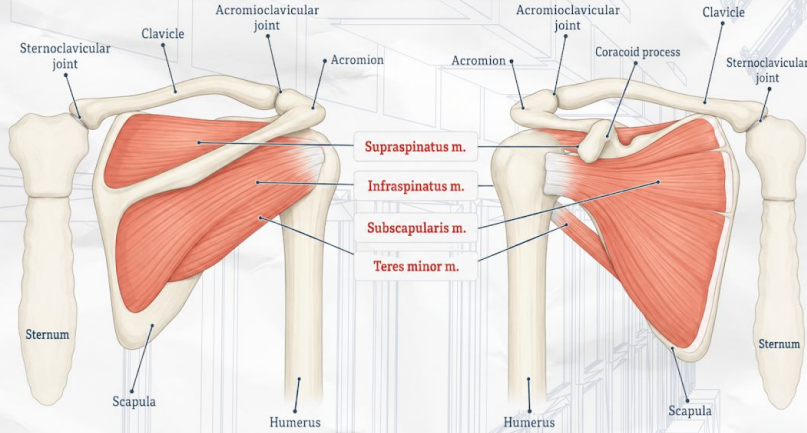


Interior View

Posterior View



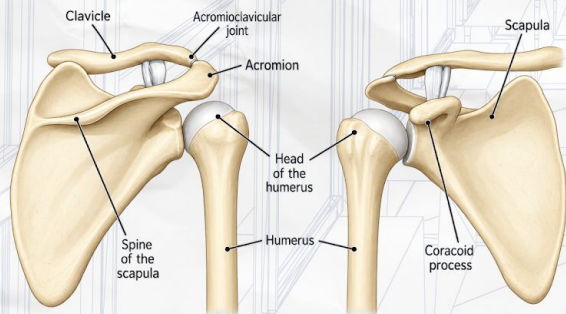
Shoulders



Posterior view

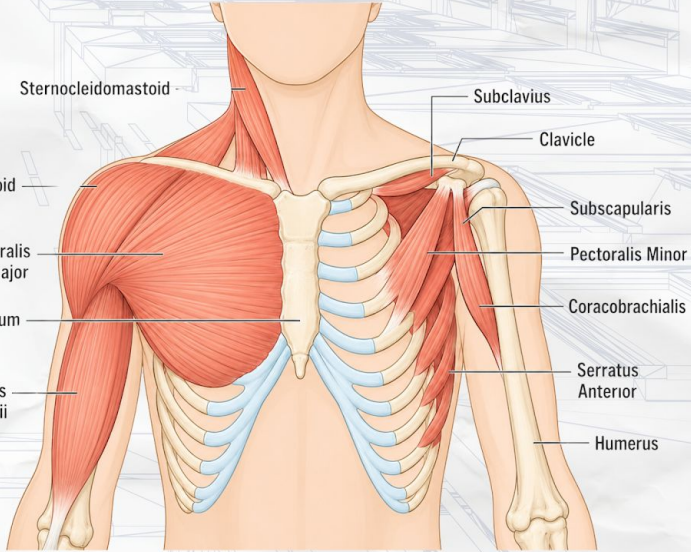
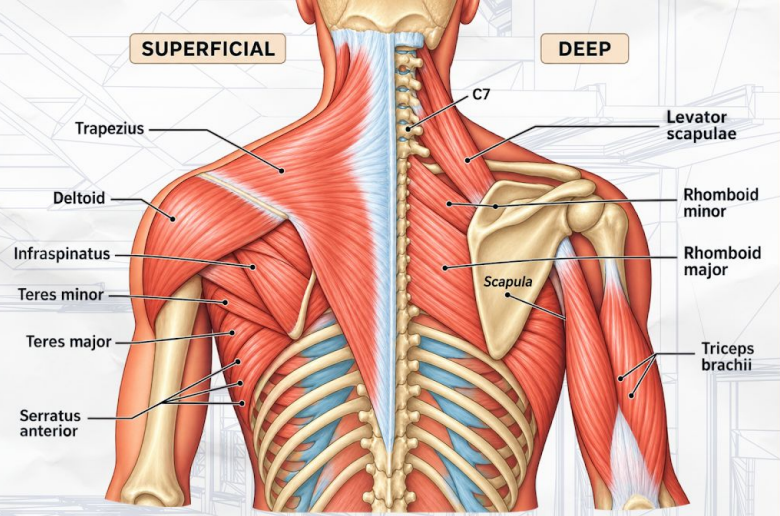
Anterior view

Bony Landmarks



Posterior view

Anterior view



Week 5: Strength & Resilience

Redefining Strength as Self Exploration

Focus: Explore strength as both physical capacity and emotional resilience.



Discussion Points:

- What does strength mean to you?
- Can gentleness be a form of strength?



Movement Practice (25–30 min):

- **Energetic Awareness & ROM:** Preparation
- **Strength (Primary):** Supported standing work, lunges, core/back engagement, held shapes
- **Centering:** Pause between effort
- **Integration:** Rest and release



Closing Reflection:

- Where did you notice strength today?

Week 5 Practice

1. BEGIN WITH DYNAMIC MOVEMENT TO SUPPORT REGULATION

Invite:

- Arm circles
- Goddess squat to side bends



2. TRANSITION TO CHAIR POSTURE

Invite:

- Push and pull with arms (4–6 reps)
- Torso twists (4–6 reps)
- Pause & Notice



3. INTRODUCE PARTIAL SUN SALUTATION

Invite:

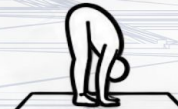
- From the back of the mat, come into Forward Fold and Half Lift
- Walk the hands out to Down Dog
- Lower toward hands and knees



4. FROM HANDS AND KNEES, INVITE BIRD DOG POSTURE

Invite:

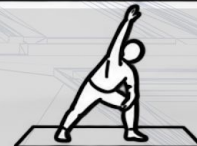
- Bird Dog (4–6 reps each side)
- Return to Down Dog
- Walk hands back to Forward Fold
- Stand and step back into lunge / Warrior 1



5. EXPLORE WARRIOR 1

Invite:

- Bend the front knee and swing the arms
- Transition to Warrior 2
- Move into Side Angle
- Pause & Notice



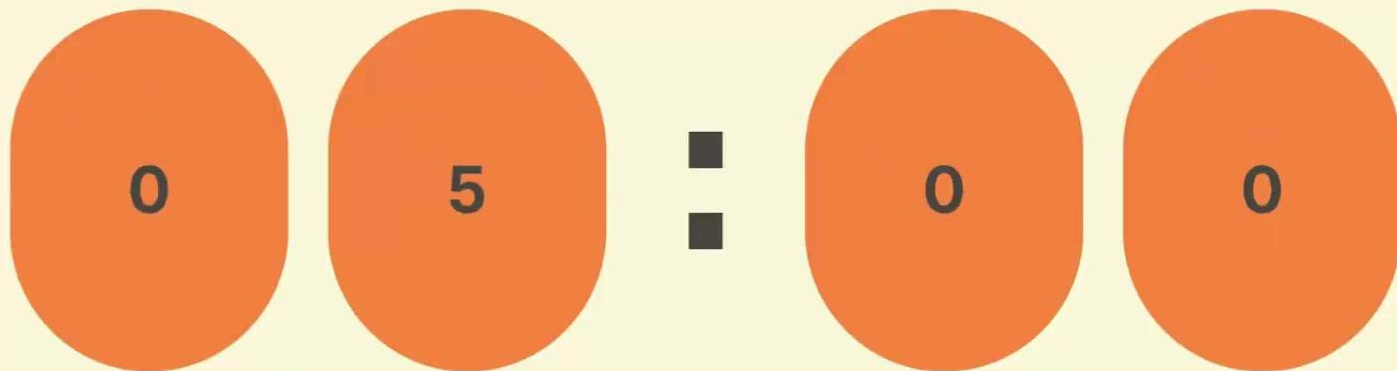
6. COME TO THE FLOOR

Invite:

- Seated side stretch
- Single leg stretch
- Spinal twist
- Final relaxation



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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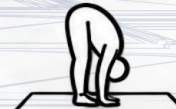
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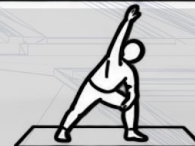
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6. COME TO THE FLOOR

Invite:

- Seated side stretch
- Single leg stretch
- Spinal twist
- Final relaxation





Downtime Activities

Weekly Mindfulness Practice

Consider:

- If you have downtime, how are you spending it?
- About how many hours are spent scrolling, streaming, or spiraling?
- What do these activities give you in the moment?
- What do they leave you feeling afterward?
- What might purposeful practice look like in those same moments?
- What could meditative rest look like instead?
- What could manifesting, journaling, or intentional reflection look like as an alternative?
- What small shift could help your downtime feel more nourishing?

Reflection (optional):

- When does downtime support me?
- When does it become avoidance or numbing?
- What helps me rest without disconnecting from myself?
- What intentional practice could I return to this week?

