

WELCOME!

WEEK 12

1ST HOUR

Welcome
& Agenda Review
Mindfulness Observations (Optional)

Lecture:
SVADHAYAYA & TAPAS
A Yogic Search for
Self-Knowledge and Discipline

Breakout Room
Group Discussion

2ND HOUR

Lecture:
Introductory Yoga &
Mindfulness Program
(Week 8)

Whole Practice

Group Discussion

3RD HOUR

Breakout Room:
Sequence Lab

Group Discussion





Preparing to Complete the YTT Training



Complete Reflections in Online Learning Modules

- Submit Reflections for all 13 Learning Modules
- Module 14- Final Reflection Project (By 10/13 to be included in Graduation Presentation)
 - Can be shared in any medium (written, artwork, song, vision board, etc)
 - Alternate/Bonus Community Based Project
 - Share how you are incorporating TIY in your community

Prepare and Share Final Sequence (Sept. 14 - Oct. 14)

- Provides introduction and clearly defines the participants the sequencing is structured to serve
- Demonstrates Trauma-Informed and Mindfulness-Based sequencing and offers a clear pattern of Energetic Awareness, Range of Motion, Centering/Somatics, Strength & Resilience, Connection & Focus, and Integration & Relaxation
- Offers invitational cueing and demonstrates accessible variations of postures
- Demonstrates and offers at least one breathing practice
- Offers clear, anatomical cues to guide participants through the practice before offering posture names
- Speaks clearly and allows time for participants to explore postures and transitions
- Demonstrates the use of props
- Offers class within 25-35 minute timeframe
 - Optional Additions: Theme/Intention, Closing Breathwork

Thursday Oct. 15th - Graduation Ceremony

- ALL are welcome to join the graduation celebration regardless of completing the program by 10/14. If you are interested in discussing options for extension, please schedule office hours.

LECTURE

SVADHAYAYA & TAPAS

*A Yogic Search for Self-
Knowledge and Discipline*



Defining Discipline & Self Discipline

Youth
Experiences

Self
Expectations

Embodied
Reactions

Disciplining
Vs Being
Disciplined

Cultural
Expectations

Societal
Perceptions

An abstract orange shape, resembling a hand or a splash, is positioned in the upper left and center of the slide, partially overlapping the text.

**What if Self-Discipline...
meant**

Sustainable Self Care

...and Self Forgiveness?

The Phoenix Analogy



Burning Down Past Ideals, Images, Expectations

- What belongs & Serves you in your life and what harm or residue of harm remains?
 - Ahimsa, Satya, Asteya, Bramacharya, Aparigraha
 - Fear, Ignorance, Aversion, Attachment, Ego

Redefining Ideals, Images, Expectations

- Relationship with Self
- Who are you?
- How are you who you are?

Considering Yamas & Kleshas

Check-in, Re-Evaluate

- Fuel for the Fire
(presence, passion, connection to self)
- Rest & Reset

Discipline as Self-Compassion/Support can look like...

- I am able/willing to...
 - do/not do, say/not say, stay/go, learn/share/collaborate, rest/act/plan
- I choose what is sustainable for me at this time...
 - self-care, relationships, work, activities, projects, support
- I continue to evaluate what is sustainable for me
- I consider my intentions behind my decisions
 - thoughts, words, actions
- I support my continued learning of what I need and how I can sustain





Building Your Tapas Team

How do you commit to self-support?

Who nourishes/replenishes/supports you?

Who do you nourish/replenish/support?

What ideals/images/expectations cause more harm than benefit?

How can you redefine these ideals/images/expectations to better serve and support your path?

Willingness to evolve & learn

Humility & Humanity (are self care tool)



Svadhyaya

- The term Svadhyaya literally means “one’s own reading” or “self-study.” It is the fourth Niyama of Patanjali’s Yoga Sutras and has the potential to deepen our yoga practice way beyond the mat.
- Svadhyaya offers continued support in the pursuit of “one-ness” or mind/body/belonging of a yoga practice by continuing to evaluate, discover, and evolve the individual self.
- Often translated as study of scripture.

(ekhardtyoga.com)



I AM WHO
I AM. NOT
WHO YOU
THINK I AM.
NOT WHO
YOU WANT
ME TO BE.
I AM ME.

BRIGITTE NICOLE

You are/I am... The Most Important Person

Understanding...

- Interests
- Relationships
- Passions
- Obligations
- Ideals
- Lived Experiences
- Fears
- Ignorances
- Aversions
- Attachments
- Ego

Further Exploration...

Pivotal Moments & Memories
(generational/cultural)

Movement, Breath, Comfort of Self

- Creating Space
- Building Walls
- When to say when

Are there connections?

**What Do I
Want to
Learn More
About?**

**What Don't I
Know About
Me?**



What do I not want to explore?

Are any of these things rooted in
Fear, Ego, Attachment, Aversion, or Ignorance?

Or what am I still building capacity for?

PAUSE & NOTICE



Notice how these offerings exist within your mind & body.

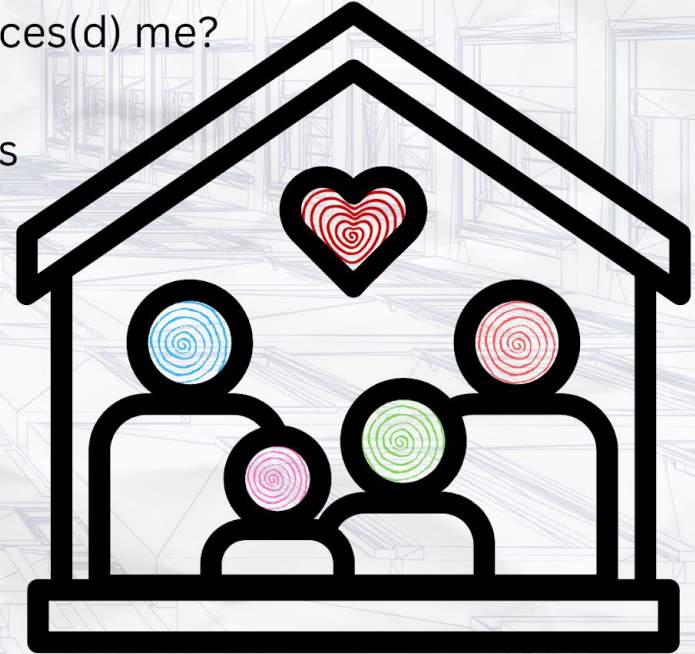
Take a moment to consider how this may influence your nervous system.

Practicing/Sharing embodied awareness, meditation & yoga supports nervous system regulation.

(which supports healthy functioning of your body)

Self Study Suggestions

- Family/Generational Lore
 - What did/does my family believe that influences(d) me?
- Family/Generational Lived Experiences & Traumas
 - Who am I descended from? What did they experience/carry with them and/or pass on?
- Relationships with those Living & Passed...
 - (Parents, Siblings, Cousins, Aunts/Uncles, Grandparents+)





Self Study Suggestions

Additional Relationships

- w/Friends, Partners, Co-Workers, Mentors, Those who Share/Oppose Opinions, People in community or neighborhood, Strangers:
 - What of these experiences do I carry... What is important to me to carry? What can I work to release?
- w/Self:
 - Who am I? How am I (who I am)? What do I offer? What do I receive?
- Mind, Body, Relationship to Self/World/Being/God(s) (Spirit)
- How do I spend my time? My downtime? What am I drawn to? What am I interested in? What activities support the balance I need?
- What am I experiencing during hobbies, play, and entertainment?
 - What is the message/character interaction of the things I watch/read? How is my nervous system impacted? How are my assumptions and biases challenged/supported?
 - What is the diversity contexts of the commercials airing during programming?



Self Study Suggestions

- **Ahimsa:** Where might harm be present in my life and how can I contribute to reducing harm? How can kindness and love start with me?
- **Satya:** What opportunities exist to practice radical truth for self? How can I honor the truths of others?
- **Asteya:** What opportunities can I provide for myself that are aligned with my goals? How might I give to others?
- **Brahmacharya:** What excesses can I identify that are not serving my goals? What can I share?
- **Aparigraha:** What can I release/let go of to support my mental, physical, and universal well-being?





Self Study Suggestions



- **Saucha:** How can I connect to/heal/trust my instincts? What clarity will serve me best?
- **Santosha:** What are the opportunities for finding contentment & confidence as I navigate my journey?
- **Tapas:** How can I support myself and hold myself accountable for my own life?

When I look at myself
in the mirror

Yoga is a Double Dog Dare to Yourself to Create a Sustainable & Loving Relationship with Yourself



I see a unicorn.
A badass unicorn.

TIME FOR A PAUSE

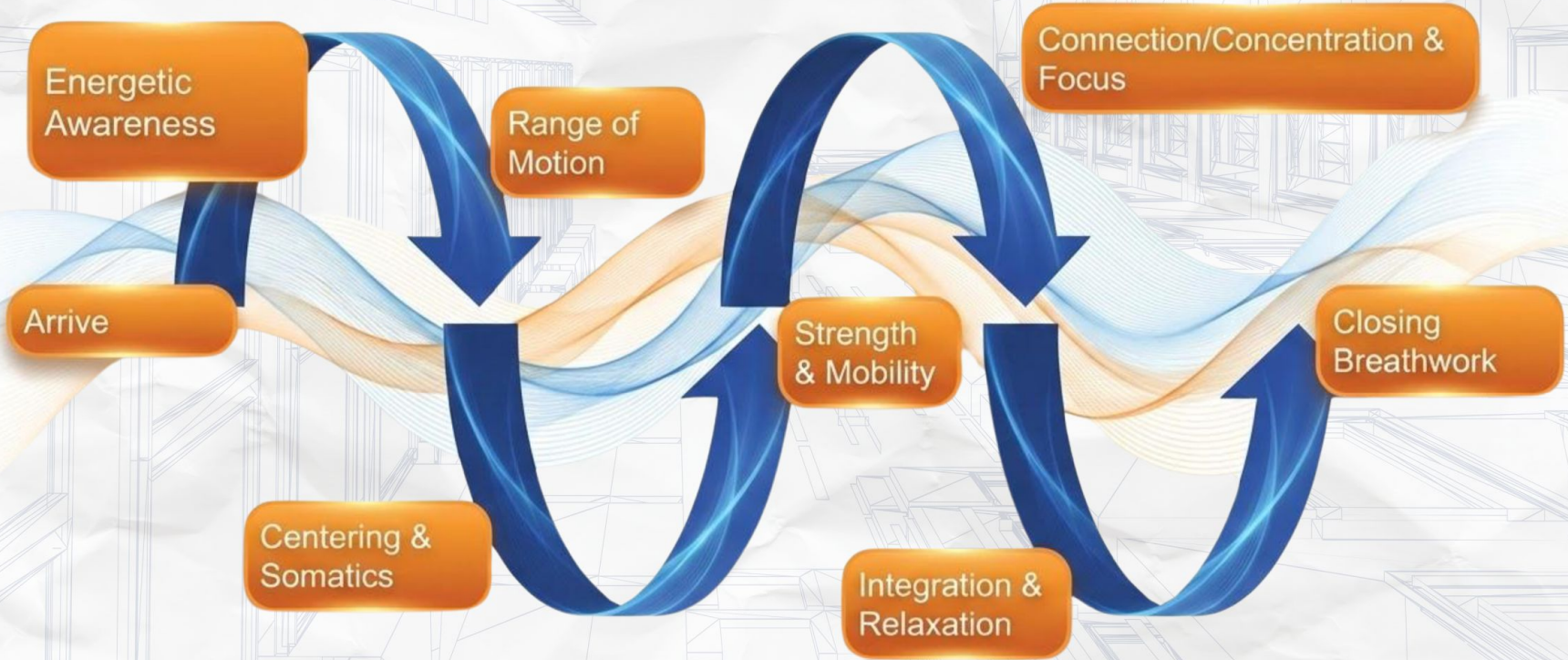
05:00

MOVEMENT LECTURE

Introductory Yoga & Mindfulness Program

(Week 8-Whole Practice)

Energetic Movement Trauma-Informed Sequencing



Week 8: Whole Practice Reflection & Integration

Focus: Integrate all phases and reflect on learning.



Discussion Points:

- What has shifted for you since beginning this yoga program?
- What tools have been most useful?
-



Movement Practice (25–30 min):

- **Full integration of all phases:**
 - Energetic Awareness
 - Range of Motion
 - Centering
 - Strength
 - Focus
 - Integration



Closing Reflection:

- What will you carry forward from this practice?



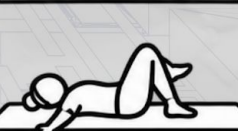
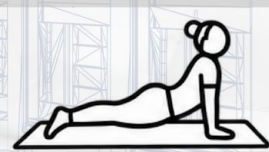
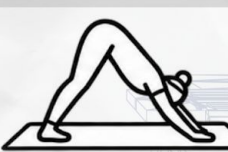
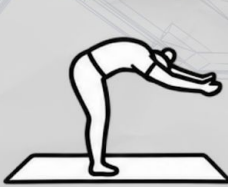
CREATING A TRAUMA-INFORMED PRACTICE

Who is sharing the space?

- Adult Population
- Lived Experience of Trauma (unspecified)
- Three Participants are new to practicing yoga
- One Participant (choose 2 or 3):
 - Is wearing an ankle support
 - Shares that they have COPD/Asthma
 - Expresses lots of energy and shared they are very physically active
 - Reports low back pain
 - Verbalizes that they are “forced” to join yoga
 - Presents as tired and shares that they have not been sleeping well



Week 8 Practice



TIME FOR A PAUSE

05:00

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.





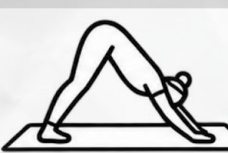
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Week 8 Practice





CREATING A TRAUMA-INFORMED PRACTICE

CO-CREATING A FULL SEQUENCE - TEAM WORKSHOPS

Groups 1, 3, 5 (30 Minutes)

Create a 10-15 minute ½ Practice with:

- Postures 1-12

Groups 2, 4, 6 (30 Minutes)

Create a 10-15 minute ½ Practice with:

- Postures 12-22

After 1st 30 Minutes, Groups Join Together to Share Full Sequence

Breakout #2 (45 Minutes)

- Group 1,3,5 Share their ½ Sequence with Group 2,4,6
 - Following the sequence, all participants pause for 1-2 minutes to note any feedback/reactions (no conversation at this time)
- Group 2,4,6 Share their ½ Sequence with Group 1,3,5
 - Following the sequence, all participants pause for 1-2 minutes to note any feedback/reactions)
- Feedback/Reactions to Facilitating shared within small group
- Return to Main Session
- Share insights from experience

Welcome & Clarifying Consent (5–10 min)



Purpose: Build safety, clarity, and choice

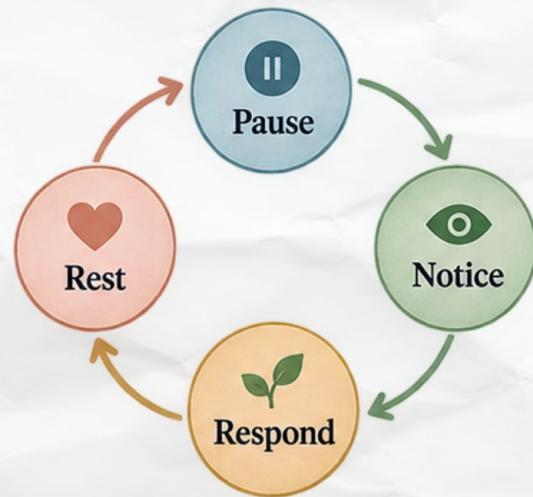
- Introduce yourself and the purpose of the practice
- Define yoga simply: connection (mind–body–breath)
- Normalize different experiences (skepticism, discomfort, curiosity)
- Offer choice and autonomy:
 - “You can always opt in, opt out, or modify”
- Brief discussion:
 - What have you heard about yoga?
 - How do you notice stress in your body?

Nervous System Education (5 min)



Purpose: Build understanding and reduce confusion

- Explain stress response in simple terms:
 - “On” (activated) vs “Off” (shut down)
- Introduce breath as a tool:
 - Exhale → calming signal
- Introduce core tool:



Introduce Energetic Awareness (5–8 min)

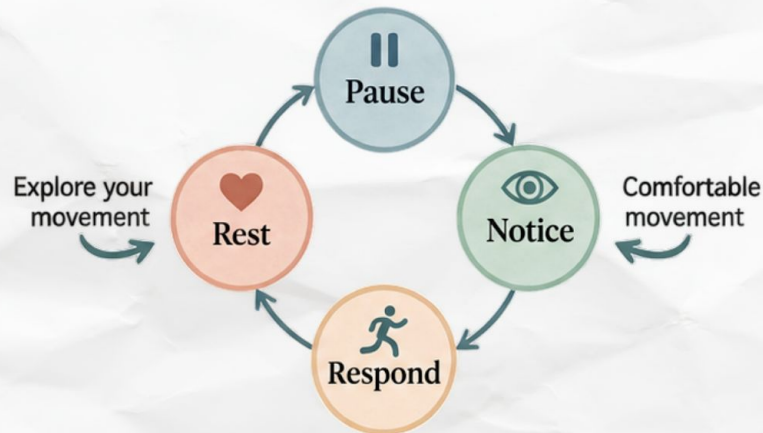
Purpose: Help participants identify current state

- Seated or standing check-in:
 - “What is your energy level? What type of energy is present (e.g., high, low, calm, restless)?”
- Define yoga simply: connection (mind-body)
- Begin with:
 - Tense & release
 - Shaking, swaying, or light bouncing
- Offer options based on energy:
 - High energy → more movement
 - Low energy → slower, grounding

Pause, Notice, Respond (Centering & Somatics)

Purpose: Build understanding and reduce confusion

- Explain stress response in simple terms:
 - ☀️ “On” (activated) vs “Off” (shut down) 🌙
- Introduce breath as a tool:
 - Exhale → calming signal
- Introduce core tool:





Explore Range of Motion

Purpose: Explore physical & emotional boundaries



- **Focus on movements of the spine and major joints:**
 - “What is your energy level? What type of movement feels supportive?”
- **Encourage:**
 - Tense & release
 - Shaking, swaying, or light bouncing
- **Offer options based on energy:**
 - High energy → more movement
 - Low energy → slower, grounding



Pause, Notice, Respond *(Centering & Somatics)*



Purpose: Add regular check-ins as needed to support regulation and integration for each unique population

- Is stillness accessible as we approach the final phase of today’s practice? Would more movement be helpful before settling in?
- **Notice:** Do I need to move more at this time?
- Suggest Tense/Release, Tapping, Rhythmic Swaying



Integration & Relaxation

Purpose: Allow processing and recovery



Seated or reclined rest



Guided body scan with gentle tense/release



Encourage 3-5 natural breaths following scan



Session Closing

Purpose: Reorient and reflect



Gentle return (movement or breath)



Reflection:

- What did you notice about your experience with this practice? Likes/Dislikes?



Encourage Questions/Comments



TRAUMA-INFORMED PRACTICE SEQUENCE



WELCOME & CONSENT (5-10 MIN)



Purpose:
Build safety, clarity, choice

- Introduce practice purpose
- Define yoga: connection (mind-body-breath)
- Normalize experiences
- Offer choice: "Opt in, out, or modify"
- Brief discussion (Yoga perceptions, Stress signals)

NERVOUS SYSTEM EDUCATION (5 MIN)



Purpose: Build understanding

- Simple stress response ("On" vs "Off")
- Breath as tool (Exhale → calm)
- Core tool: Pause → Notice → Respond → Rest

INTRODUCE ENERGETIC AWARENESS (5-8 MIN)



Purpose:
Identify current state

- Check-in ("Energy level? Supportive movement?")
- **Begin with:**
 - Tense & release
 - Shaking/swaying/bouncing
- **Offer options:**
 - High energy → more movement
 - Low energy → slower/grounding

CENTERING & SOMATICS (PAUSE, NOTICE, RESPOND)



Purpose: Support regulation/integration

- Pause & Explore Stillness (Comfortable? Stressful?)
- Notice (Need to move more?)
- Respond (Revisit movement or remain still)

EXPLORE RANGE OF MOTION

Purpose: Explore physical & emotional boundaries

- Focus on spine & major joints:
- Add arms, shoulders, neck, legs
- Encourage curiosity (not judgment)



CENTERING & SOMATICS (PAUSE, NOTICE, RESPOND)



Purpose: Add regular check-ins for regulation. Is stillness accessible? More movement needed?

- Suggest:** Tense/Release
- Tapping
 - Rhythmic Swaying

INTEGRATION & REST (5-10 MIN)



Purpose: Allow processing and recovery

- Seated or reclined rest
- Guided body scan or tense/release
- Option for sound



CLOSING (3-5 MIN)



Purpose: Reorient and reflect

- Gentle return (movement or breath)
- Reflection: "What did you notice?"
- Reinforce applicability: "Tools used anytime"

CREATING YOUR SEQUENCE HANDOUT: KEY TAKEAWAYS



Structure your practice: Welcome/Consent → Energetic Awareness → Range of Motion → Integration/Rest → Closing.

Always offer choice & modification. Integrate "Pause, Notice, Respond". Focus on connection and regulation. Encourage curiosity over judgment.



Hobbies & Play

Weekly Mindfulness Practice

Consider:

- What hobbies or activities bring you joy simply because you enjoy them?
- When was the last time you did something just for fun, without needing it to be productive?
- What tends to get in the way of play, creativity, or leisure?
- How does your body and mood feel when you make time for enjoyable activities?
- What might it look like to intentionally make more room for play in your life?



Reflection (optional):

- What did I love doing for fun when I was younger?
- What helps me feel curious, playful, or creative now?
- What is one hobby or playful activity I would like to return to or explore this week?

