

WELCOME!

WEEK 11

1ST HOUR

Welcome
& Agenda Review
Mindfulness Observations (Optional)

Lecture:
SANTOSHA
Finding Contentment in a
Discontented World

Breakout Room
Group Discussion

2ND HOUR

Lecture:
Introductory Yoga &
Mindfulness Program
(Week 7)
Integration & Relaxation

Group Discussion

3RD HOUR

Breakout Room:
Sequence Lab

Group Discussion



LECTURE

SANTOSHA:

*Finding Contentment in a
Discontented World*

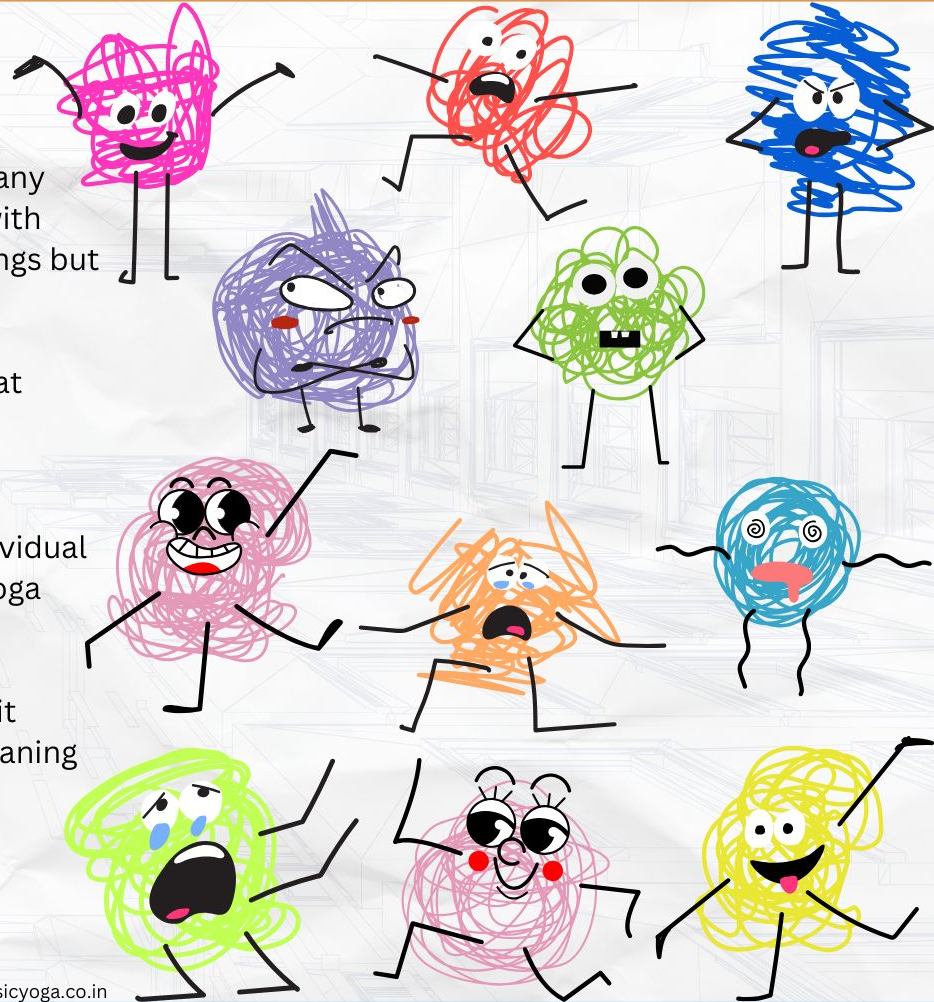


When you find yourself alone with no demands on your time, what tends to pull you away from simply being content with the moment as it is?



Santosha

- Santosha means contentment and lack of desire for any thing that one does not have. It invites satisfaction with things that one already has. It not only applies to things but also to situations, qualities, and the like.
- Santosha offers us awareness of the present and what actions/reactions may be best suited for us in these moments.
- Santosha allows space for natural evolution, our individual cycles of learning and growing, as we continue our yoga practices.
- The word Santosha is the combination of two Sanskrit words: 'San/m' meaning "completely" and 'tosha' meaning "contentment". It denotes "absolute contentment."
- Satisfaction, gratitude, and happiness are the three important aspects of Santosha. STEADINESS & EASE



Trust in Self



What thoughts
or embodied
sensations
occur when
considering
these?



Gratitude for Self

Trust in Self

By taking the time to understand your personal needs & boundaries and how you can most authentically support yourself you are not only being an active participant in your life journey, but you are deepening a knowledge of self-care to share with those you love, care for, & hope to serve.

Gratitude for Self



Obstacles to Contentment

- Harm, lack of safe spaces
- Inability to connect with, speak, or live within one's truth
- Lack of opportunity, lack of access to resources
- Addiction/Unbalance/Excess
- Feelings of “stuckness”, inability to release words, settle frustrations, or to find resolution
- Being compromised in moral principles
- Distrust, suspicion
- Lack of focus, determination, or enthusiasm
- Feeling “lost”, overwhelmed, misguided
- Disconnection from self, community, nature
- “No Justice. No Peace.”



Yamas & Niyamas, Chakras, & Contentment



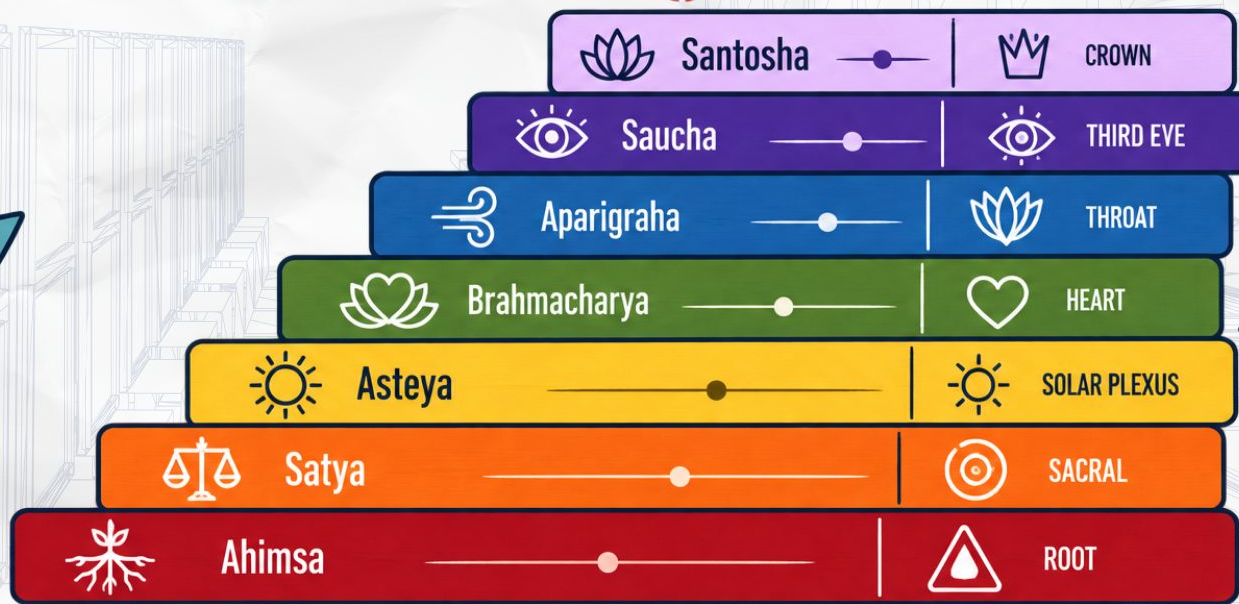
Ishvarapranidhana
SURRENDER



Svadhyaya
SELF-STUDY



Tapas
DISCIPLINE





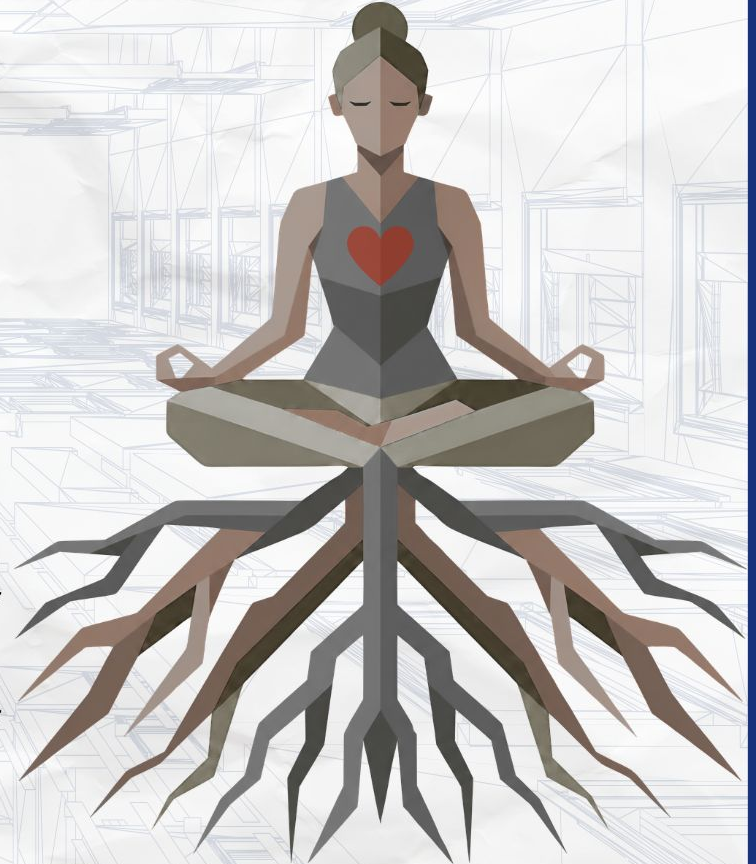
How does Yoga Support Contentment?

Guiding perspectives of self

- Accessing personal needs, voice, passions
- Understanding personal history
- Guide for unique healing needs

Deepening personal connection

- Building awareness of the unique needs of one's nervous system (ANS/(P)SNS/ENS)
 - Building awareness of the unique needs of one's body & mind
 - Building awareness of the unique needs of one's spiritual supports



How does Yoga Support Contentment?

Aligning Skill in Action

Considering the Lessons of the Bhagavad Gita:

- Human Dilemma
- Action vs Inaction
- Perceptions & Intentions





Identifying Sustainable Support for Contentment

What can I REALISTICALLY do at this time in my life?

- What might Support look like? For “me”/From “me”

What do I Stand For?

What do I purchase?

- What is the sourcing of the products? What Can I learn?
- Where do I/am I able to shop? What is my relationship with consumerism?

What does my entertainment/input look like?

- What do I watch/observe? Am I aligned with the messaging?
- What is the message/diversity of the products advertised?

What is my waste?

- How do I dispose/repurpose/recycle/upcycle?

What, if anything, do I want to contribute to community?

- What is sustainable? Life Balance? Skill in Action



3 WAYS TO LIVE WITH INTENTION



1. IDENTIFY
your values.



2. ACT
with agency.



3. OPTIMIZE
your partnerships.

PAUSE & NOTICE



Consider First for Yourself:

(journal or notes)

- Take a few moments to review any notes you've taken or to sit with any thoughts, ideas, or emotions that may arise.

Question for Group Discussion:

- What stands out to you and perhaps reveals your relationship to contentment, enoughness, or comparison? What (if anything) would you like to explore further? What (if anything) are you resisting, striving toward, or finding difficult to accept?
- How might you introduce/integrate this Niyama in your own practice or facilitation?

TIME FOR A PAUSE

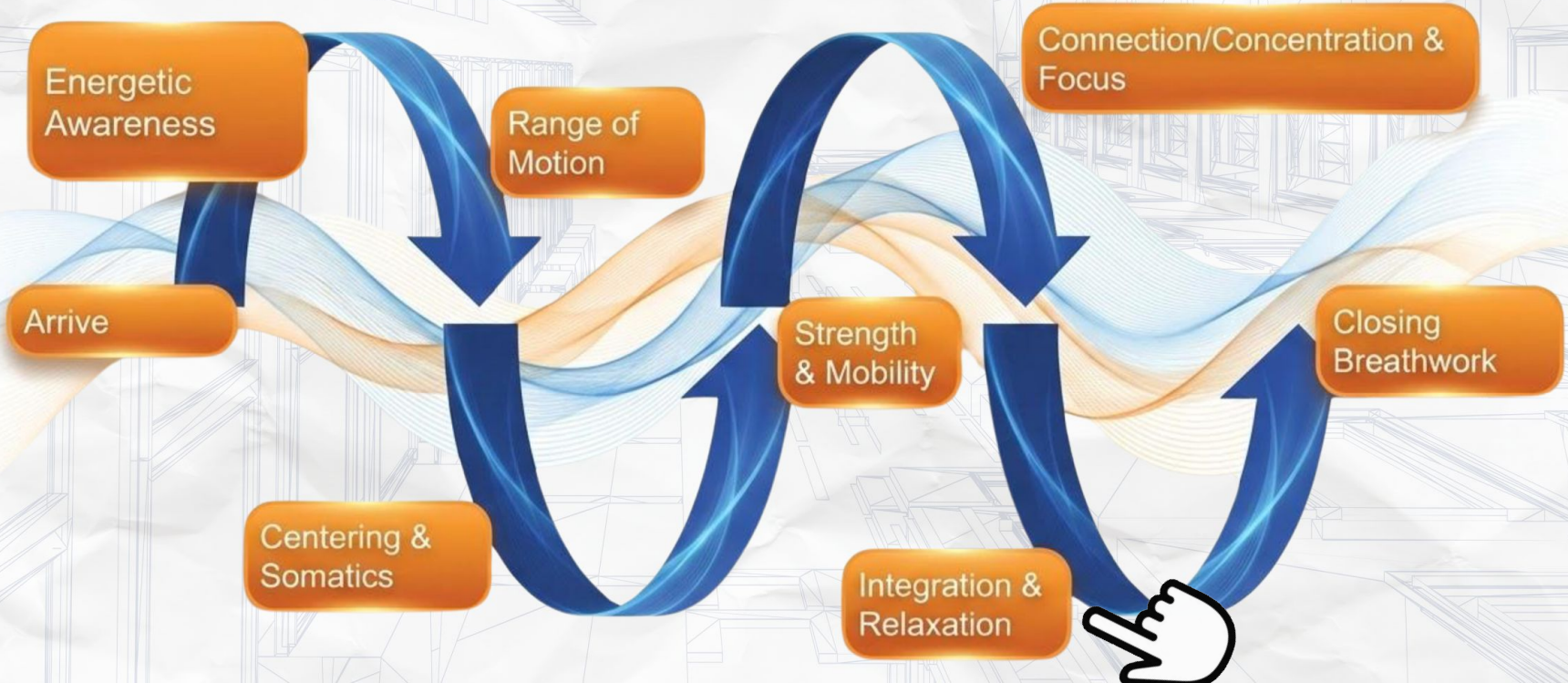
05:00

MOVEMENT LECTURE

Introductory Yoga & Mindfulness Program

(Week 7-Integration & Relaxation)

Energetic Movement Trauma-Informed Sequencing



Week 7: Integration & Relaxation

The Reset

Focus: Understanding the importance of rest, recovery, and integration.



Discussion Points:

- What is your relationship to rest?
- What helps or makes it difficult to relax?



Movement Practice (25–30 min):

- **Energetic Awareness:** Explore movement to support regulation
- **Range of Motion:** Slow, minimal movement
- **Integration (Primary):** Restorative shapes, body scan, supported rest
- **Closing Transition:** Reorient with breath and awareness



Closing Reflection:

- How does rest impact your daily life?
- One word for how rest felt.

Week 7 Practice

①

EMBODIED ENERGY

Begin by noticing embodied energy. Invite exploration of shaking limbs. Transition to stomping/marching. Pause with overhead reach then begin dynamic side reaches.



②

BREATH & FOLD

Return to overhead reach for pause then explore movement to breath from overhead reach to forward fold. Encourage bent knees and exploring ROM.



③

PAUSE & NOTICE / FULL BODY STRETCH

Pause and notice. Invite gentle tapping. Explore full body stretch and transition to the floor through forward fold to kneeling. Pause in comfortable seat/kneeling to acclimate to the floor.



④

TABLE & LUNGE

Notice new posture of Table (hands and knees). Begin spinal flexion and extension. Invite kneeling lunge stretch with twist option (R-L). Transition to Pigeon (R-L).



⑤

SEATED EXPLORATION

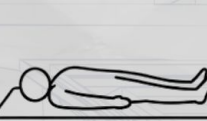
Transition to seated. Explore lateral bends, twists, and spinal flexion and extension.



⑥

REST & RELEASE

Transition to supine position for single leg stretch (R-L). Pause with knees to chest. Transition to spinal twist (R-L). Final relaxation with guided relaxation.



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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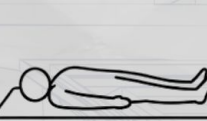
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Personal Movement Practice

Weekly Mindfulness Practice

Consider:

- What kinds of movement do you naturally enjoy or feel drawn toward?
- What helps movement feel supportive rather than like an obligation?
- What tends to get in the way of making time for movement?
- How does your body usually feel before and after movement?
- What would a sustainable personal movement practice look like for you?

Reflection (optional):

- What type of movement helps me feel most connected to my body?
- What does my body seem to be asking for more of right now?
- What is one small way I could make movement more intentional this week?

