

WELCOME!

WEEK 13

1ST HOUR

Welcome
& Agenda Review
Mindfulness Observations (Optional)

Lecture:
ISHVARA PRANIDHANA
Defining Surrender on the
Healing Path
Breakout Room
Group Discussion

2ND HOUR

Lecture:
**Creating a Trauma-
Informed Practice**
Group Discussion

3RD HOUR

Breakout Room:
Sequence Lab
Group Discussion



LECTURE

ISHVARA PRANIDHANA

*Defining Surrender on the
Healing Path*





Thoughts of Surrender

- How do you define Surrender?
- What thoughts or embodied sensations arise as you consider Surrender?
- What emotions connect to ideas of Surrender?
- What experiences might influence your perspective?





Supporting Continued Self-Study

- What might “surrender to self” look like?
- What connections can be made from the Bhagavad Gita? Have you experienced a personal battlefield?
- Can I accept Me exactly as I am?
 - What is aligned?
 - What causes discomfort/disconnection?
 - What can I observe to guide me to myself/continue to build relationship?
 - A Day in the Life
 - What Stirs? What Sticks? What Shuts Down?
 - What can Asana & Pranayama teach me?
 - How much of my practice is about me?
 - What am I learning/unlearning?



Acceptance, Trust, & Gratitude... a Consideration for Surrender

- **Relationship with Self**

- Non-Harm, Truth, Non-Stealing, Non-Excess, Letting Go
- Clarity, Contentment, Discipline, Self-Study
- Breath (natural & connected), Pause
- Range of Motion (physical & mental)
- Consider, Prepare, Reflect
- Connect with the Present

- **Relationship with Others**

- Non-Harm, Truth, Non-Stealing, Non-Excess, Letting Go
- Purity, Contentment, Discipline, Self-Study
- Breath (notice natural & supported), Pause
- Range of Motion - Boundaries & Barriers (physical & mental)
- Consider, Prepare, Reflect
- Connect with the Present

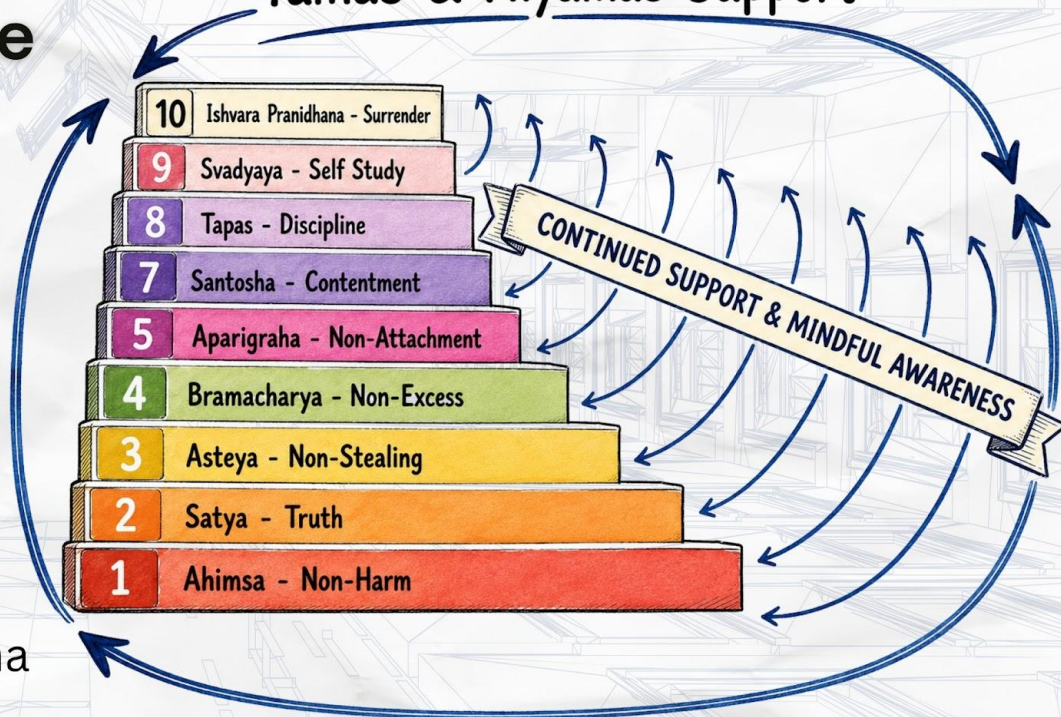


Steadiness & Ease

Yamas & Niyamas Support

How 8 Limbs of Yoga Support

- Yamas
- Niyamas
- Pranayama
- Asana
- Pratyahara, Dharana, Dhyana



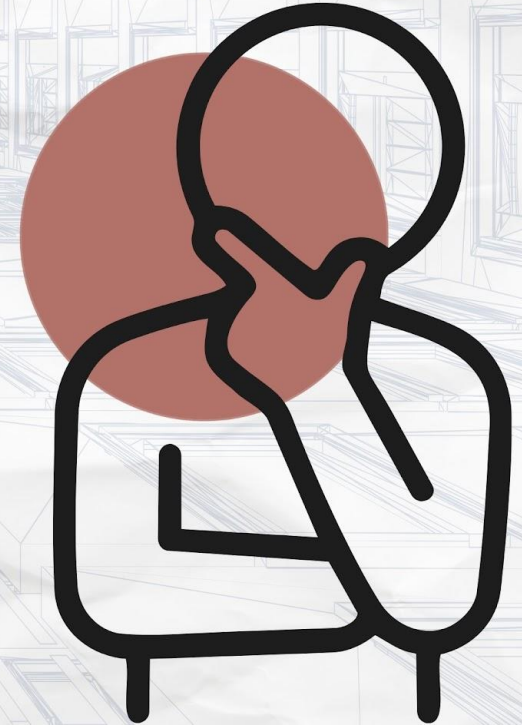
Yoga = Steadiness & Ease on the Mat

- Safety & Foundation – Where do I feel secure?
- Openness & Awakening – What am/do I curious/have space to explore?



Embodied Awareness

- Memories, Experiences, & Activations
 - What is there to notice & learn?
- Connecting to the Senses
 - See, Touch, Taste, Hear, Smell
- Steadiness & Ease
 - Safety & Foundation
 - How we Respond to the World
 - Openness & Awakening
 - Occurs after Safety Established



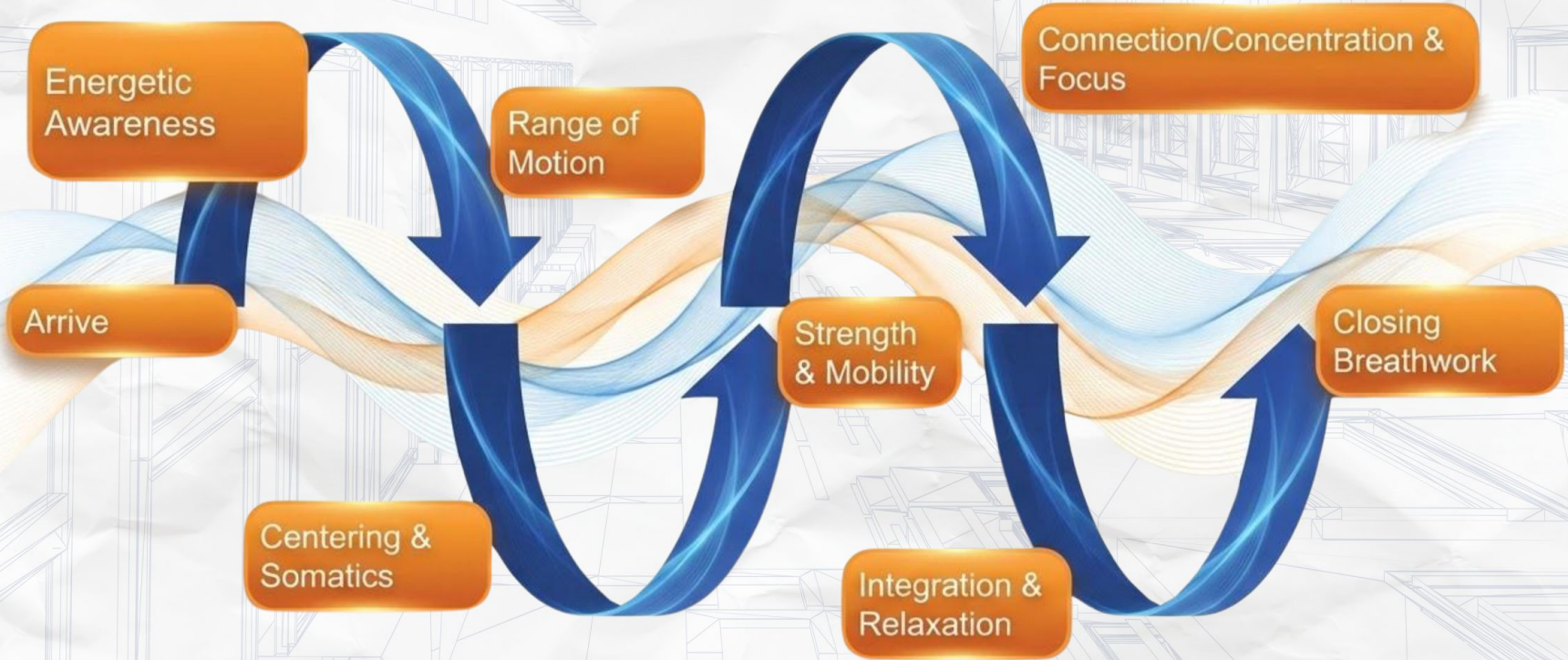
TIME FOR A PAUSE

05:00

MOVEMENT LECTURE

Creating a Trauma-Informed Practice

Energetic Movement Trauma-Informed Sequencing





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



Welcome & Clarifying Consent (5–10 min)



Purpose: Build safety, clarity, and choice

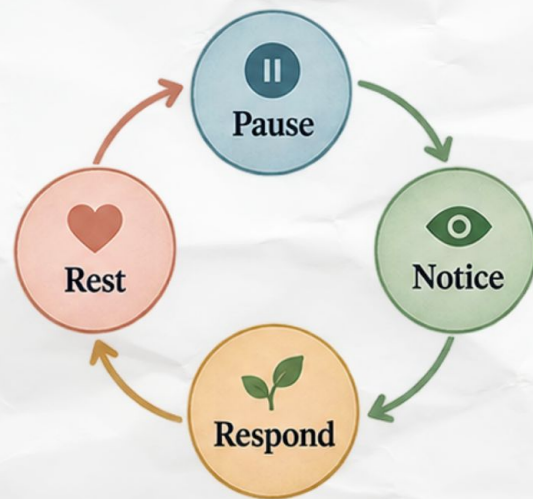
- Introduce yourself and the purpose of the practice
- Define yoga simply: connection (mind–body–breath)
- Normalize different experiences (skepticism, discomfort, curiosity)
- Offer choice and autonomy:
 - “You can always opt in, opt out, or modify”
- Brief discussion:
 - What have you heard about yoga?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

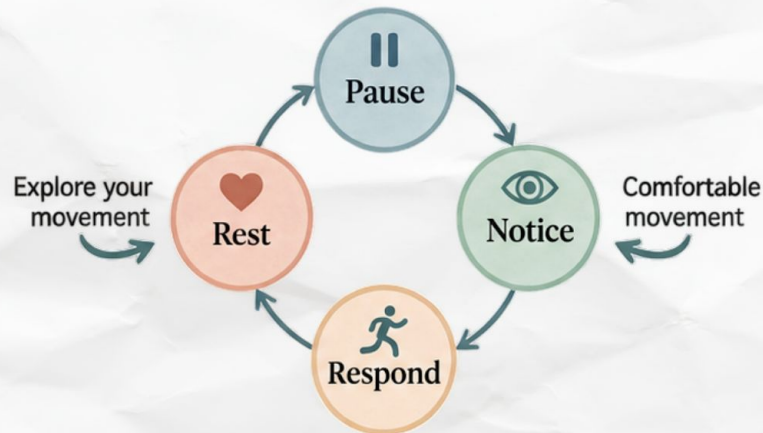
Purpose: Help participants identify current state

- 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.



Personal Learning

Weekly Mindfulness Practice

Consider:

- What are you curious about learning right now?
- What helps you feel open, engaged, and willing to learn?
- What tends to make learning feel difficult, frustrating, or overwhelming?
- How do you respond when you don't know something or make a mistake?
- What would meaningful, sustainable learning look like for you at this stage of your life?



Reflection (optional):

- What is something I want to understand more deeply?
- What beliefs or habits might be limiting my willingness to learn?
- What is one small way I can make space for learning this week?

