

PYP Training Learnings:

Almost all inmates have been traumatized. To solve trauma you need to learn to disengage.

“Do you feel me?” (not do you understand me)

Want to balance on and off often. So going into a pose but then resting with hand on heart, etc.

People without discharge go to stuck on and stuck off but don't balance in the middle.

Serving, not helping. Server is an equal. Server is not attached to the outcome. For a server the gesture is enough.

Hurt people, hurt people.

Almost all trauma starts in childhood.

Trauma stored in sensory and hormonal system for decades. Not in conscious mind.

Many people cannot feel feet, are depressed, lack a sense of purpose, have guilt/shame

Can I meet that person as they are and not bring my biases?

Chivisana rewires the nervous system

EMDR > CBT and drug for trauma. Acupuncture and massage also > CBT.

Breathing helps stimulate prefrontal cortex to take over. This is needed for reason. Prefrontal cortex does not finish developing until 23-25.

“Quietness and stillness and a friend not a foe.” PYP feedback forms.

Extended exhale

Trust your gut

When in doubt maximize benefits and minimize harms.

Mindful warm up.

No stress on cervical spine.

Slow down.

Effortless effort.

Second brain in gut within the lining of the gut. So many neurons.

Don't want to have hyper arousal like Power or Ashtanga. Need to balance it.

Yoga therapy is what I'm doing. Reaching into my bag of tools.

Post prisons have addiction issues.

Social activism only works if you are pissed off. A small group can change the world. Right when you are about to give up miracles happen. They are rare but they do happen.

Centering practice. Not meditation. 5 min max at first. 3 minutes guided, 2 minutes silent but warn them that you will be silent. Guided focus on breath and getting deeper and releasing thoughts. Breath supports nad stabilizes. Invite openness.

Stillness so so important. Pausing to allow deactivation. Feel the change and activation and deactivation.

Gross body vs subtle body.

Observe without evaluating.

Breath deeply.

SLOW PACE!

Class needs to be a safe, protected place. Physical layout. Establish routines. SAME sequence. Not physical contact.

Invite or suggestion. Do NOT command. Suggest rather than state.

Humility, integrity, consistency.

Themes: Whole person, Gut Feeling—second person, Three layered cake, effortless effort, consciously dealing with pain, Ahimsa; third eye via prefrontal cortex. Chi—yin and yang—balance of being assertive and giving effort.

Most women in jail because killed a man who abused them.

How to get a new program: 1. Emphasizes evidence based helps behavior. Not religion but mind training. 2. Emphasize lower costs for the system. 3. Make clear no cost to them. James provides books and mats. You volunteer your time. 4. Make clear test period. 12-16 weeks. 1x a week.

“Anger my good old friend. You have arrived. Welcome.” Know and befriend your shadows.

Term “the guys.” NOT inmate.

1st class:

- Have you guys done yoga?
- What is yoga? “
- Explain 4 key elements or 4 layer cake (centering, conscious breathing, movement, deep relaxation (icing).

Sequence #1:

- At front of mat, legs bent, swing side to side, swing head and bring awareness to breath
- Hands on shoulders and elbow circles
- Raise right and left legs and opposite arms
- Jogging in place
- Stop one hand on heart, one on tummy
- ½ sun salutation without plank 3x. Add ha
- Full Sun A, hold plank for 4 breathes. 3x; Bird dogs 3x with Sun A; Lunge forward with arms 3x.

- W2 to ESA
- Tree
- Danasana
- Bridge with wide heels. Rolling bridge with arms
- Huge knees
- Supta BK
- Chavisana
- Roll up—"own basic goodness still there"
- Alternate nostril breathing

Sequence #2

- Laying down rolling bridge 8x. Hug self 8x in between.
- Feet up air with legs straight, come 1/8th down, 1/4th down, ½ down, etc (8x). After 8 then wave legs side to side 3 inches off floor 4 breaths. Then breath.
- 4 bird dogs. Pause in all 4. Down dog rolling to bird dog.
- Chair to forward fold 3x. Hands to heart in tadasana.
- Stand and raise hands parallel to floor all from Dan Tien in solar plexus
- Hold ball and turn over. Start at belly then to right, flip, to left, flip arms up, then back to belly
- Legs wide, heels out and arms up then wide then arms to earth to draw in chi. Pull up to Dan Tien 5x
- Same but pull hands in and out. Give the bad away (but not at me) and take the good into yourself.
- Repeat Legs wide, heels out and arms up then wide then arms to earth to draw in chi. Pull up to Dan Tien 5x
- Wide prastirtia up, out, then horse to bridge. I don't like it because of knee impact
- W1 leave forward then back straightening legs
- W2 with pauses between sides.
- Plant, up dog, down down
- Right leg up, runners lunge for 2-3 minutes hold, left side.
- Sphinx pose (up dog on elbows with them a bit further forward) held for 3 minutes. Stimulates kidneys
- Mericansana C
- Supta BK 3 bandhas emphasised for 1 minute
- Reverse Table top.
- Chavisana
- Roll up "May I be kind to myself." "May I have a healthy body and mind" "May you be kind to yourself" "May I and others be kind to one another."
- Alternate nostril breathing