

Notes on Yoga Teacher Resource Episode 13: Slow Yoga Revolution with Kristine Kaoverii Weber

Definition of yoga:

Yoga sutras 1.2 and 1.3:

Yoga stills the fluctuations of the mind, in that space we are more able to understand who we are and our purpose.

From Tim Gard and the Kripalu Research Consortium's definition of yoga:

Four process tools to support this exploration:

- Ethics (limbs 1 & 2: yama & niyama)
- Movement (limb 3: asana)
- Breath awareness/control (limb 4: pranayama)
- Meditation (limbs 5-8: pratyahara, dharana, dhyana, samadhi)

Timeline of Health and Wellness Research

1969 Kenneth Cooper, Aerobics

2000 Richard Davidson, Sara Lazar and Jon Kabat Zinn benefits of meditation

2012 to present - benefits of mindful movement

Only 20% of people (US - CDC numbers) exercise and only 10% practice yoga - (yoga journal research yoga in america study). While some of that has to do with access issues, clearly there is a huge untapped market especially if we as yoga teachers find ways to reach populations who do not currently have access to yoga such as working with non-profits, healthcare organizations, and utilizing grants to make it sustainable.

Homeostasis/homeodynamic balance

Our body has many mechanisms for returning to homeostasis or the dynamic equilibrium required for optimal function.

Unconscious: blood pressure, heart rate, temperature, etc. regulation

Subconscious: emotional regulation

Conscious: cognitive regulation

When we are dysregulated, we often turn to alcohol, drugs, movies, or other tools in order to numb out or tune out. While this can be a useful tool in the short term, it does not increase our capacity to reach homeostasis and it doesn't develop resilience. Slow mindful movement trains

the nervous system to be able to get back into balance more easily. This increases resilience, which can in turn reduce our dependence on numbing agents and improve overall functioning.

Layers of awareness:

Exteroception: As a survival mechanism, we are highly tuned to the outside world. We pay attention to the environment and other people to determine safety.

Proprioception: When we pay attention to our body’s movement in space, we develop a sense of competence and mastery. This is the realm of dynamic yoga and other forms of exercise.

Interoception: When we practice slow, mindful yoga, we have the space and time to notice how we feel on the inside. This allows us to begin to regulate homeostasis more consciously and better understand who we are and what we want to do with our lives (*svadharma*).

Continuum of Interoception

Hind brain and posterior insula toward anterior insula and front brain

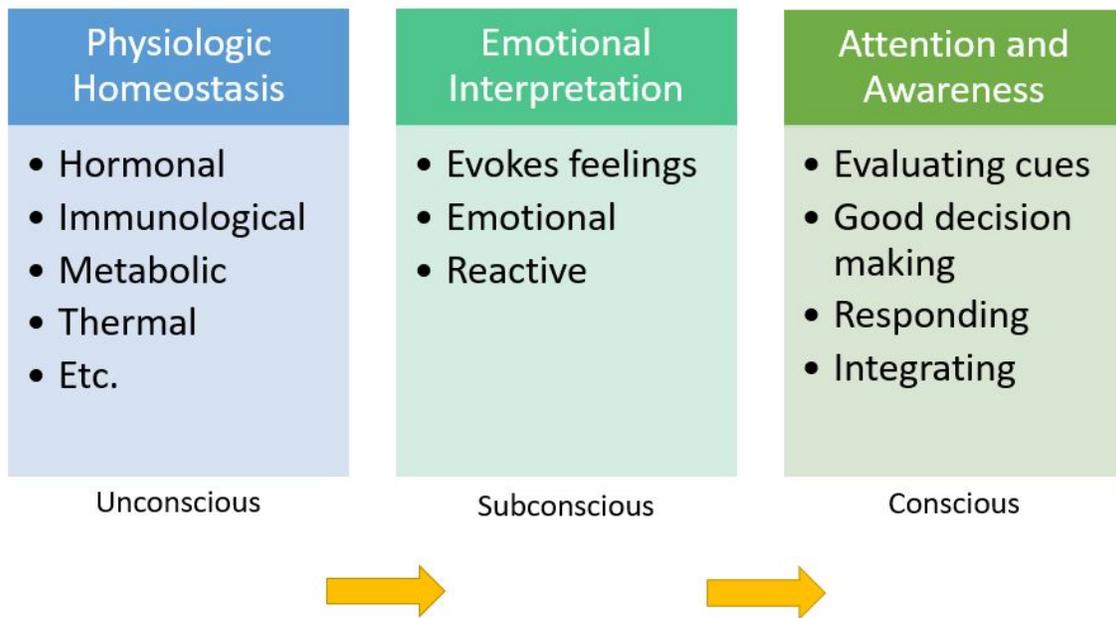


Chart of how these layers of awareness play out in a yoga class setting:

	Exteroception	Proprioception	Interoception
Focus for Skill Building	Capacity to Feel Safe	Capacity to Know Where My Body is in Space and Move Freely and Easily	Capacity to Feel and Interpret Sensations from My Body and Make Healthy Decisions to Bring about Balance
Student Presentation	Some level of apprehension, self-consciousness, uncertainty, fear or even suspicion.	Eager to learn “how to do it right.” Enjoys feelings of achievement, competence, and mastery.	Eager to develop a better relationship with the body, seeks a greater sense of clarity, identity, meaning, or purpose.
Sample Cues	<p>Notice how the room is set up, where the doors are, where the windows are, and where I (the teacher) is in the room. I will be staying on my mat during the class.</p> <p>Notice the faces of the other students around you. Perhaps make eye contact, smile or greet someone you don't know.</p> <p>Notice that you are safe and can leave at any time to go to the bathroom or take a break whenever you like. etc.</p>	<p>Breathe in and stretch your arms up over your head, exhale as you fold forward and step your right foot back. Inhale your arms up over your head, exhale them back down and step your left foot back and lower down to the floor, inhale to Upward Facing Dog, exhale to Down Dog. Stay 3 breaths. etc.</p> <p>Step your feet 3 ½ to 4 feet apart. Take your arms out to the side so they are parallel to the floor. etc.</p>	<p>Pause for a moment and notice how you feel. Notice how far apart your feet are and see if that's comfortable but also a perhaps a little challenging.</p> <p>Notice the sensations in the bottoms of your feet? Where do you feel more weight? Where do you feel less?</p> <p>As you breathe in, notice how the side ribs lift up like bucket handles and notice the sensation of stretch in the muscles between your ribs. etc.</p>