



Yoga for the Body You have

Alison Cox | Summer School | August 6, 2024

Overview of today's workshop

- ❑ Welcome [5 min]
- ❑ Experiential: Yoga / movement [40-45 min]
- ❑ Integration: Reflect on experience + the path forward [20-25 min]
- ❑ Q+A's [10-15 min]

Some things to consider (today and moving forward)

- ❑ How can you create a lens of working with and for yourself on (and off!) the mat
 - Be willing to *be with yourself* rather than wanting to fix yourself
 - ❑ Begin to develop inner awareness and observation when engaging in your practice
 - Try to release: am I doing this right, comparison to a specific asana, or only exploring as the guide says
 - ❑ Asanas = Poses = Shapes
 - Similar meanings, but we can *choose* which one we use (or come up with a new one!)
 - The most advanced yoga shape is the one we pursue with our thoughtful and intentional boundaries in place.
 - ❑ What does it look like for you to focus on your process rather than your outcome?
 - Intrinsic vs Extrinsic values
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Experiential

- ❑ Notes on your experience
 - Physical
 - Mental
 - Emotional
 - Spiritual

Integration: Reflect on your experience + the (adaptable + sustainable!) path forward

☐ Yoga flow review

- Highlighted shapes we explored to either bring more / less heat:
 - o Mountain
 - o Crescent
 - o Warrior 2
 - o Triangle
- Highlighted shapes we explored with the usage of blocks:
 - o Seated (hips to heels)
 - o Yoga Squat
 - o Downdog
- What specific cues / language can you adopt from your experience to apply on / off the mat? Some considerations are:
 - o Do you notice
 - o What would it look like to
 - o Does this expression meet my needs today
 - o Is this sustainable?

☐ Journal

- What does your path forward look like, or what space do you want to hold for yourself moving forward, the work that no one else can do for you?
 - o How can you be kind to yourself as you begin to integrate your ah-ha's and findings from your experience today (and every time you step on your mat)?
- Do you find yourself looking for a set of rules as something seems unfamiliar?
 - o Can you learn to honor the bio individual process? Consider (mentally) drawing a circle around the person on your mat and work only on that person, honestly *and* compassionately.
- Part of the work is silence/observation and part speaking/movement - do you find yourself uneasy in this? Do you think this balance will become more approachable the more you practice?

Q+A's (if you don't have any, do you need anything answered from the below?)

- ☐ What can I clarify?
- ☐ What do you want to know more about?
- ☐ How can I help direct you within The Yoga Abbey's wealth of offerings and opportunities to connect with God, yourself, and others?