

# Y12SR: THE YOGA OF 12-STEP RECOVERY



## THE LEADERSHIP TRAINING

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# Y12SR: THE YOGA OF 12-STEP RECOVERY

- **CREATED IN 2003: 6-WEEK CLASS**
- **GRASSROOTS EVOLUTION:**
  - WEEKEND INTENSIVE FOR 12-STEP AND YOGA PRACTITIONERS
  - WEEKLY CLASSES
  - SPACE HOLDER LEADERSHIP TRAINING
- **VISION:**
  - Y12SR MEETINGS AS PERVASIVE AS OTHER 12 STEP MEETINGS
  - Y12SR ADOPTED AS RECOGNIZED INTERVENTION FOR ADDICTION RECOVERY
- **60+ MEETINGS HELD THROUGHOUT U.S., INTERNATIONAL PRESENCE: CANADA, LONDON, 152 ACTIVE LEADERS, MORE THAN 550 TRAINED LEADERS**
- **Y12SR FOUNDATION: FISCAL SPONSORSHIP AGREEMENT WITH OFF THE MAT, INTO THE WORLD (OTM)**
- **Y12SR RESEARCH: WORK TOWARD EVIDENCED-BASED STUDY**
- **Y12SR TREATMENT CENTER INITIATIVE**
- **RECOVERY 2.0 AND Y12SR ALLIANCE**
- **NEW Y12SR OFFERING: TRANSFORMING THE SAMSKARA OF CO-DEPENDENCY**
- **INAUGURAL LEADERS RETREAT**



# Y12SR

## ● WHAT IS IT?

- RELAPSE PREVENTION PROGRAM: BASED IN YS 2:16
- 12-STEP BASED ADDICTION RECOVERY MODEL COUPLED WITH YOGA PHILOSOPHY AND PRACTICES THAT WEAVE TOGETHER THE ANCIENT WISDOM OF YOGA WITH THE PRACTICAL TOOLS OF THE 12-STEP PROGRAMS.
- OPEN TO ANYONE DEALING WITH THEIR OWN ADDICTIVE BEHAVIOR OR AFFECTED BY THE ADDICTIVE BEHAVIOR OF OTHERS.

## ● WHAT IT IS NOT...

- A REPLACEMENT FOR MEETINGS, SPONSOR, OR ANY OTHER PART OF THE 12-STEP PROGRAM

## ● WHY A LEADER TRAINING?

- TO ENGAGE AND EQUIP SPACE HOLDERS AS MEETING FACILITATORS

# OBJECTIVES

- **TO ENGAGE AND EQUIP Y12SR SPACE HOLDERS**
  - **EXPLORE ADDICTION AND RECOVERY WITHIN THE MIND/BODY CONTINUUM**
  - **EXAMINE TECHNIQUES AND DISTINCTIONS THAT AID IN HEALING AND HELP AVOID PITFALLS AND TRAPS**
  - **EXPERIENCE GROUP EXERCISES DESIGNED TO GROUND US IN HOLDING SPACE**
  - **DEVELOP RESOURCES FOR CREATING SELF-SUSTAINING Y12SR GROUPS**
  - **INVESTIGATE BUILDING A THEMED YOGA PRACTICE FOR THE RECOVERY POPULATION**

# AGENDA

## ● PART 1: FOUNDATION

- PRACTICE, CONTEXT SET, GROUND RULES
- INTROS
- OVERVIEW:
  - ADDICTION AND IT'S CHARACTERISTICS
  - 12-STEPS AND SPIRITUAL PRINCIPLES
  - YOGA PHILOSOPHY AND IT'S CORRELATION TO THE STEPS
- THE NEUROBIOLOGY AND PHYSIOLOGY OF TRAUMA
- SAMSKARA

# AGENDA

## ● PART 2: CORE

- RESOURCING AND SUPPORT

- THE Y12SR INTERVENTIONS

  - EMBODIMENT CONCEPTS & PRACTICES

  - BUILDING A THEMED YOGA PRACTICE

## ● PART 3: EXPRESSION

- DISTINCTIONS

- RECOGNIZING TRAPS

# GROUND RULES

## FOUNDATION OF CREATING AND HOLDING SACRED SPACE

- **CONFIDENTIALITY:**
  - **WHAT'S SAID/DONE HERE STAYS HERE**
  - **OKAY TO TALK ABOUT YOUR EXPERIENCE; DON'T PUT A NAME WITH IT**
- **ALLOW EVERYONE TO HAVE THEIR OWN EXPERIENCE - REFRAIN FROM THE TENDENCY TO FIX, MANAGE, CONTROL OR ADVISE**
- **PLEASE BE ON TIME**
- **STAY AWAY FROM SEXUAL ADVANCEMENT OR RELATIONSHIP WITH ANYONE THAT YOU DIDN'T COME WITH**
- **ALL VOICES ARE WELCOME. AND... PART OF SHARING IS SHARING TIME.**
- **MORE?**

# INTROS

- **PLEASE SHARE:**

- **THREE THINGS THAT ARE IMPORTANT TO YOU**

- **HOW ADDICTION HAS AFFECTED YOUR LIFE;  
YOUR EXPERIENCE WITH YOGA AND/OR 12-  
STEP PROGRAMS**

- **YOUR INTENTION FOR BEING HERE**

- **AFTER SHARING, WE BREATHE TOGETHER.  
INTRODUCING THE BREATH DIVA OR DUDE.**



**GOD, GRANT US THE  
SERENITY TO ACCEPT THE  
THINGS WE CANNOT  
CHANGE, THE COURAGE  
TO CHARGE THE THINGS  
WE CAN AND THE WISDOM  
TO KNOW THE  
DIFFERENCE.**

# THE SERENITY PRAYER

**GOD, GRANT ME THE SERENITY**

**● AWARENESS, CONNECTION WITH SOMETHING  
BIGGER**

**TO ACCEPT THE THINGS I CANNOT CHANGE,**

**● ACCEPTANCE, FOUNDATION, TURNING THE VESSEL  
RIGHT SIDE UP**

**THE COURAGE TO CHANGE THE THINGS I CAN**

**● ACTION, CORE, PREPARING THE VESSEL FOR SAIL**

**AND THE WISDOM TO KNOW THE DIFFERENCE.**

**● LET GO, EXPRESSION, SET SAIL ON SPIRITUAL  
VOYAGE**

# OVERVIEW:

THE NEUROBIOLOGY OF ADDICTION  
THE 12 STEP PROGRAM  
THE ART AND SCIENCE OF YOGA

# FEELINGS

<b>Feeling</b>	<b>Carried or denied can produce</b>	<b>Gift</b>
<b>Anger</b>	<b>Rage</b>	<b>Strength, energy, motivation</b>
<b>Fear</b>	<b>Panic, paranoia</b>	<b>Wisdom, protection</b>
<b>Pain</b>	<b>Depression, hopelessness</b>	<b>Healing, growth</b>
<b>Loneliness</b>	<b>Isolation, helplessness</b>	<b>Reaching out, reaching in</b>
<b>Shame</b>	<b>Worthlessness</b>	<b>Humility, humanity</b>
<b>Guilt</b>	<b>Immobility</b>	<b>Amends, values</b>
<b>Joy</b>	<b>Hysteria</b>	<b>Hope, healing and spirituality</b>

ADOPTED FROM TENNIE MCCARTY - SHADES OF HOPE

# INFORMATION VS. EXPERIENCE

- **“I KNOW”**
- **“WHAT THE HELL DOES  
‘I KNOW’ HAVE TO DO  
WITH IT?”**



THE DIS-EASE AND  
NEUROBIOLOGY OF  
ADDICTION

# DISEASE

- **DISEASE PROCESS - 'A DEFINITE MORBID PROCESS HAVING A CHARACTERISTIC CHAIN OF SYMPTOMS. IT MAY AFFECT THE WHOLE BODY OR ANY OF THE PARTS, AND ITS ETIOLOGY (CAUSE), PATHOLOGY AND PROGNOSIS MAY BE KNOWN OR UNKNOWN.'** - *Diland's Medical Dictionary*
- **TWO BASIC CATEGORIES:**
  - **INFECTIOUS - CONTRACTED FROM OUTSIDE (BACTERIA, FUNGI, VIRUSES)**
  - **CHRONIC - LONG LASTING CONDITIONS THAT CAN BE CONTROLLED BUT NOT CURED**
  - **WITH CHRONIC AILMENTS, DISEASE SYMPTOM IS JUST THE SURFACE**

# ADDICTION: CLINICAL DEFINITION

- ADDICTIONS AND COMPULSIONS ARE **DESTRUCTIVE BEHAVIORS** THAT AN INDIVIDUAL ACQUIRES AS A METHOD OF COPING WITH THE PRESSURES OF LIFE. SOME ADDICTIONS HAVE **GENETIC COMPONENTS** AND ARE PASSED DOWN THROUGH BIOLOGICAL FAMILIES. ALCOHOL AND DRUG ADDICTIONS ARE EXAMPLES OF GENETIC CONDITIONS. **ADDICTIONS CAN BE LINKED TO SURVIVAL REACTIONS IN RESPONSE TO FAMILY TRAUMA.**
  
- SEX ADDICTIONS AND EATING DISORDERS CAN HAVE ROOTS IN EMOTIONAL, PHYSICAL, OR SEXUAL ABUSE. ADDICTIONS SUCH AS OVERWORK, GAMBLING, OVERSPENDING, SMOKING, AND COMPULSIVE EXERCISE APPEAR TO BE THE RESULT OF **BAD HABITS. MOST ADDICTIVE BEHAVIORS ARE MALADAPTIVE RESPONSES TO UNRESOLVED TRAUMA.**

FROM INTERNET



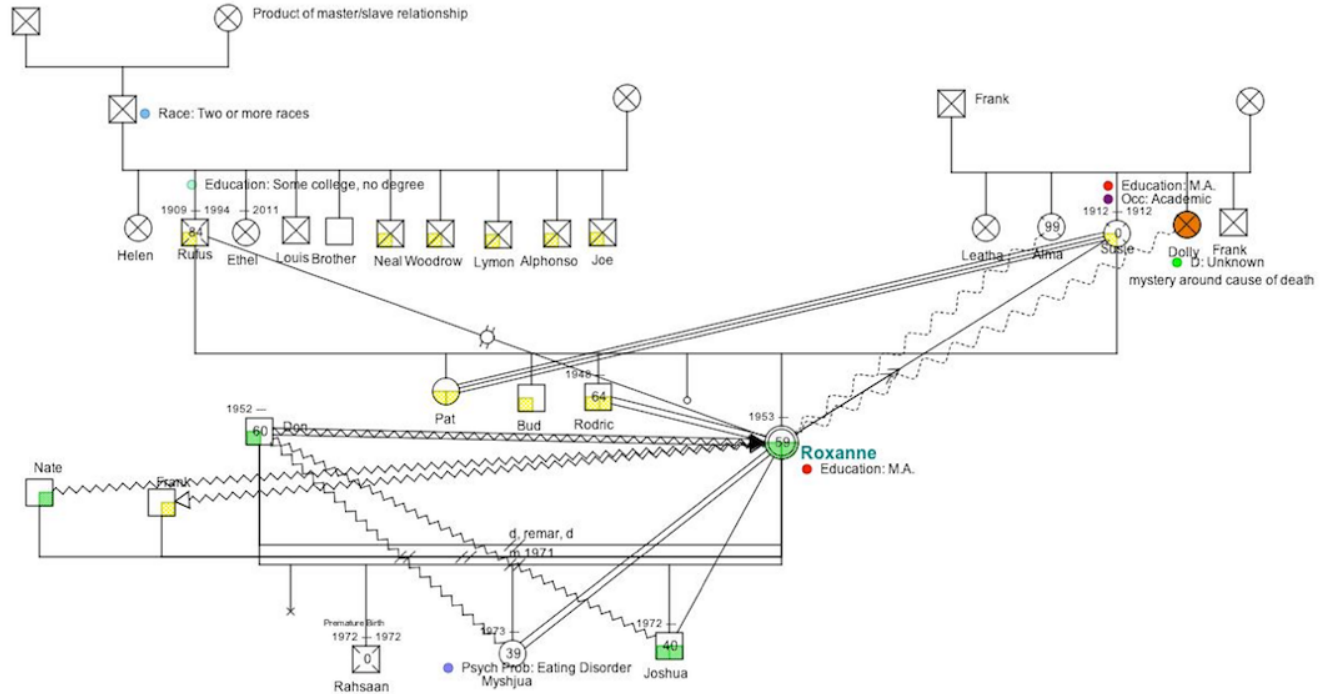
# GENOGRAM

## Nikki Myers

- In Recovery from Alcohol Abuse
- In Recovery from Drug Abuse
- Suspected Alcohol Abuse
- Suspected Drug Abuse

- Positive
- Close
- Fused
- Hostile
- Cutoff-Repaired
- Spiritual Connection
- Emotional Abuse
- Sexual And Physical Abuse
- Caretaker (Part Time)

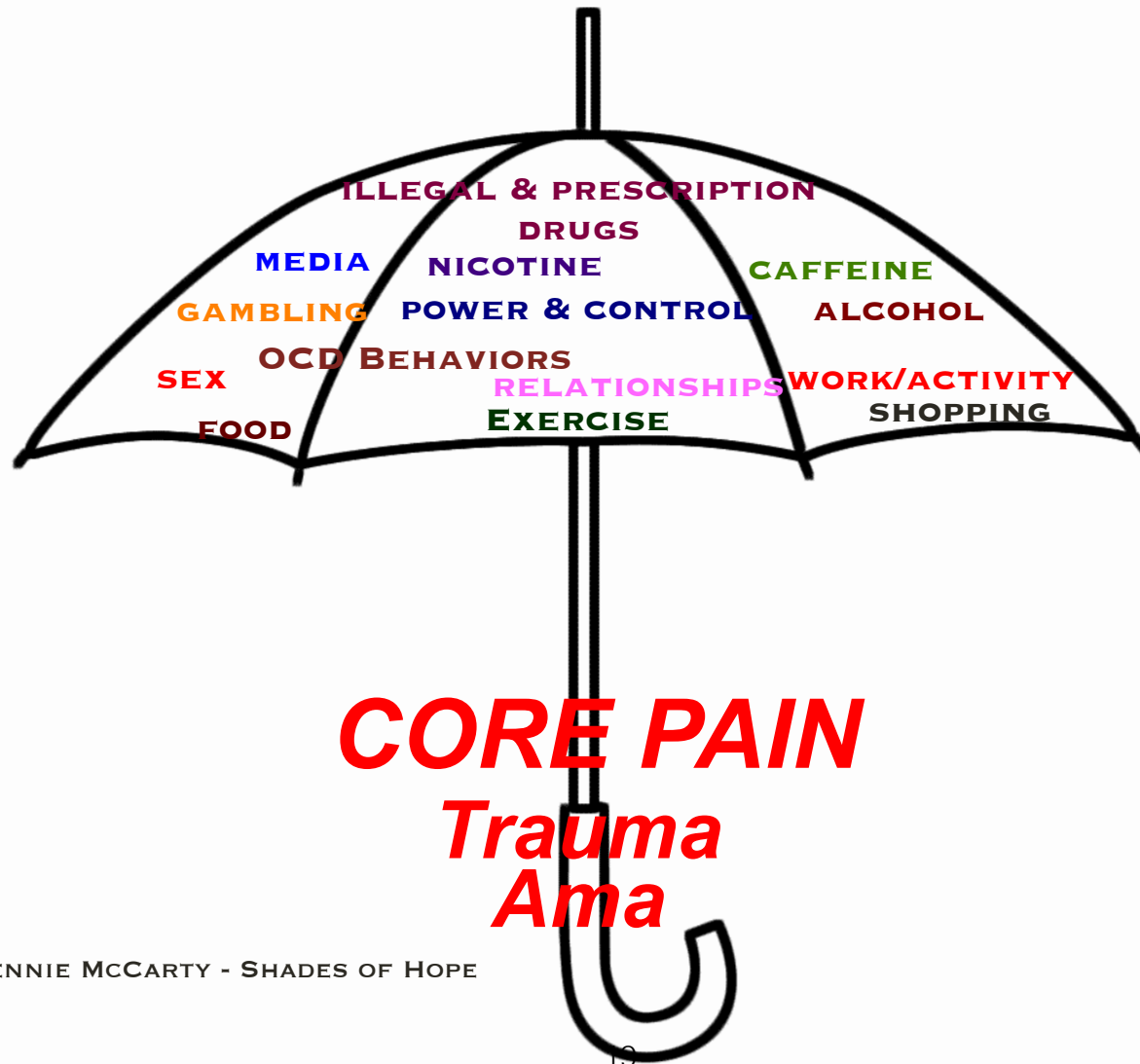
- Education**
- Some college, no degree
- M.A.
- Cause of Death**
- Unknown
- Race**
- Two or more races
- Psychiatric Problems**
- Eating Disorder
- Occupation**
- Academic



# THE DIS-EASE OF ADDICTION...

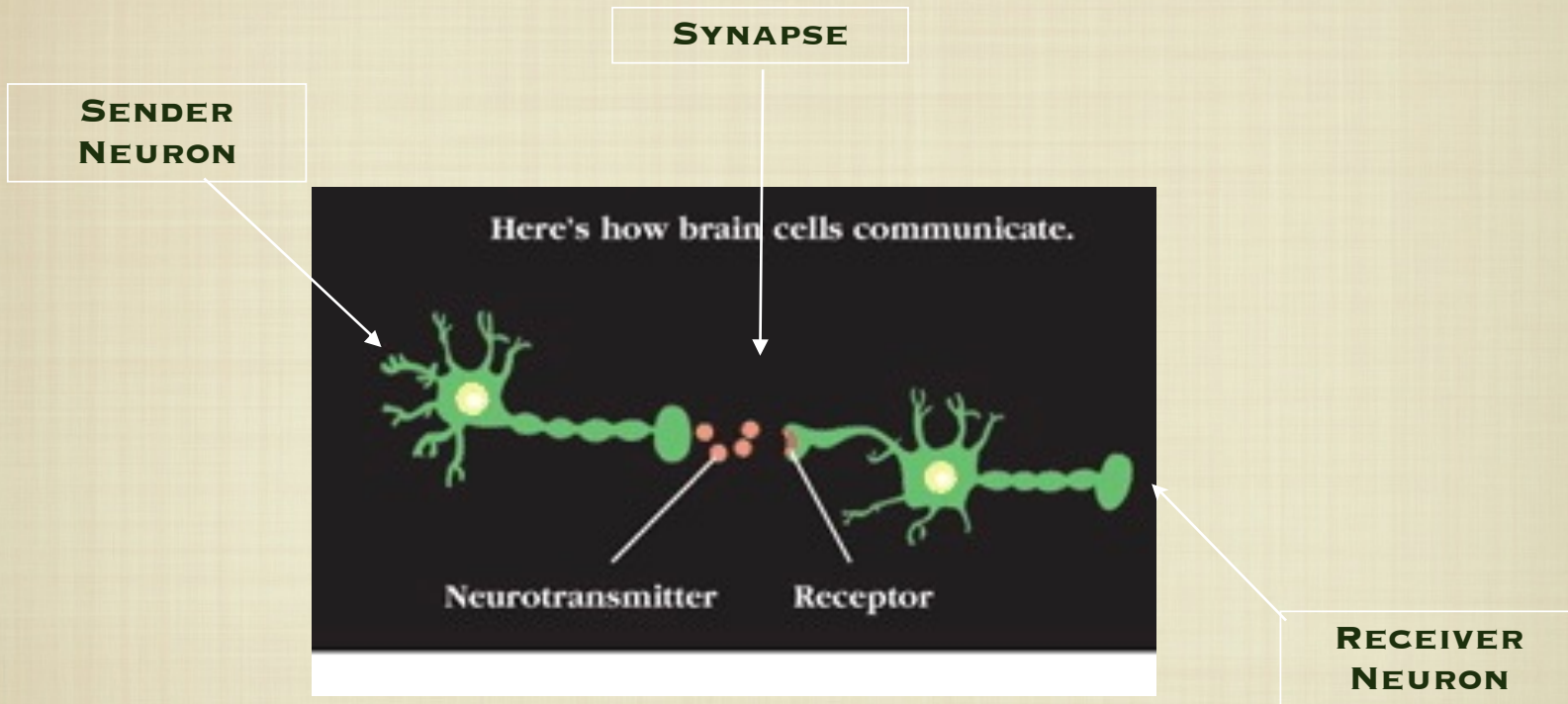
- **ANYTHING USED TO ESCAPE AN INTOLERABLE REALITY IS SOMETHING THAT COULD LEAD TO OR FORM AN ADDICTION.**
- **HOW DO YOU KNOW? 'I USED WHEN I KNEW BETTER; WHEN I REALLY DIDN'T WANT TO'**

# UMBRELLA OF ADDICTION



ADOPTED FROM TENNIE MCCARTY - SHADES OF HOPE

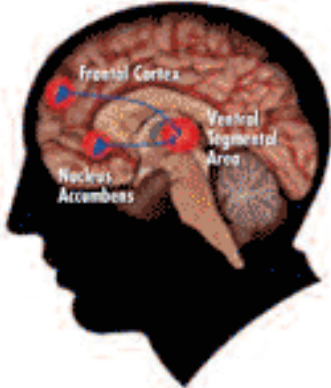
# COMMUNICATION IN THE BRAIN



# DRUGS IN THE BRAIN

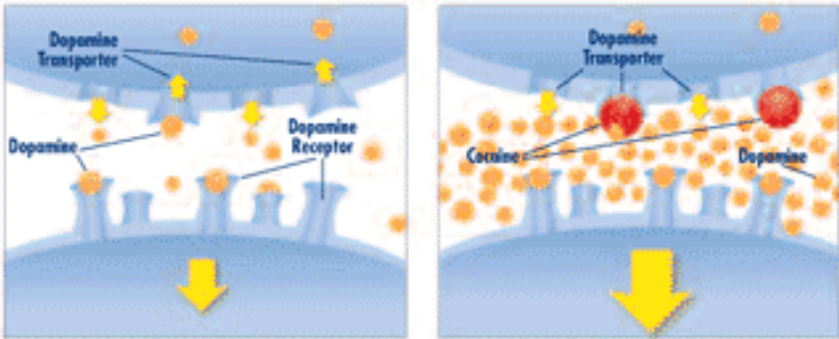
**ALL DRUGS OF ABUSE TARGET THE BRAIN'S PLEASURE CENTER**

**Brain reward (dopamine) pathways**



These brain circuits are important for natural rewards such as food, music, and art.

**All drugs of abuse increase dopamine**



**FOOD**

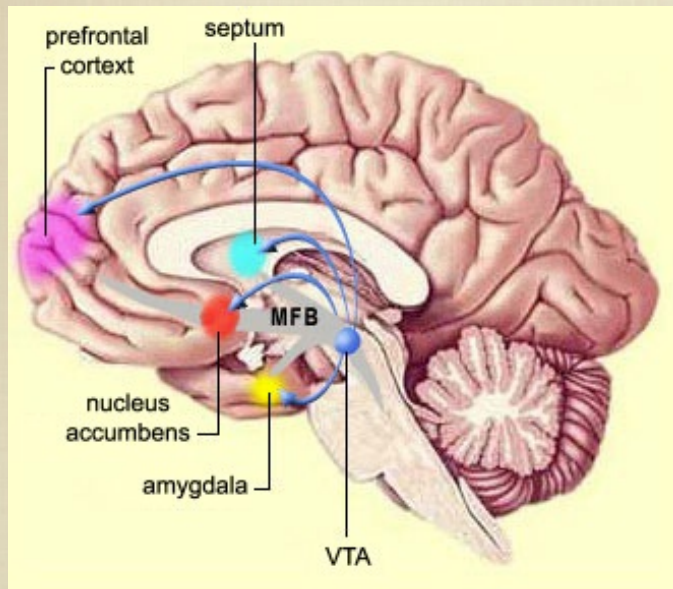
Typically, dopamine increases in response to natural rewards such as food.

**COCAINE**

When cocaine is taken, dopamine increases are exaggerated, and communication is altered.

Source: NIDA (National Institute of Drug Abuse)

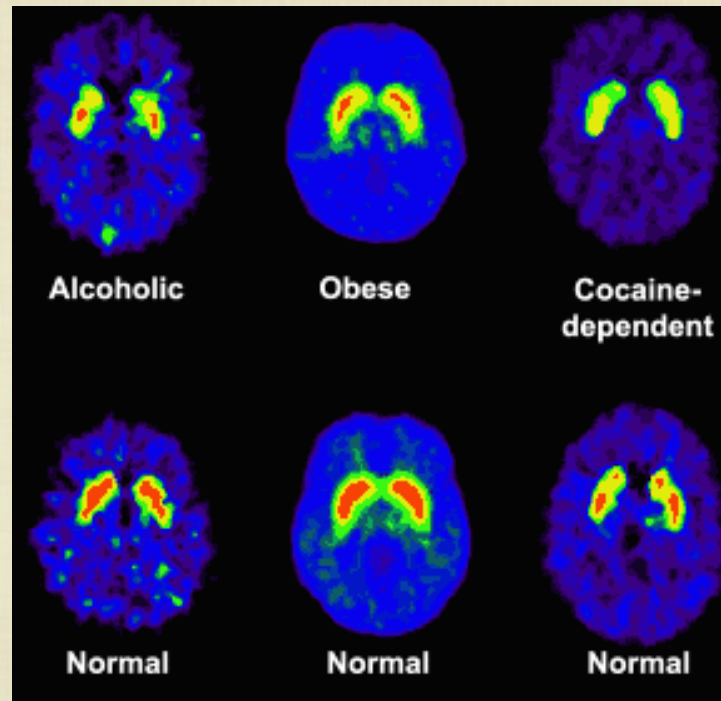
# THE REWARD CENTER OF BRAIN



## ACTIVATION OF REWARD CIRCUITRY IN BRAIN

- SIGNAL SENT FROM CORTEX TO VTA (COGNITION, MOTIVATION)
- VTA SENDS DOPAMINE TO:
  - NUCLEUS ACCUMBENS (MOTIVATION)
  - PREFRONTAL CORTEX (EXECUTIVE FUNCTIONS)
  - SEPTUM (NAVIGATION AND SENSORY MOTOR FUNCTIONS)
  - AMYGDALA (DECODES EMOTIONS, ESPECIALLY FEARFUL STIMULI)
- BRAIN LEARNS:
  - IMPORTANT EVENT
  - REMEMBERS EVENT
  - TEACHES US TO REPEAT

# BRAIN FUNCTION



Source: NIDA (National Institute of Drug Abuse)

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# CHARACTERISTICS OF ADDICTION

- **DISHONESTY (DENIAL, PROJECTION, DELUSION)**
- **NOT PROCESSING FEELINGS IN A HEALTHY WAY (DISTORTION, FROZEN FEELINGS)**
- **NEED TO CONTROL, RIGIDITY, FANTASY**
- **LOSS OF PERSONAL MORALITY (COMPROMISED VALUE SYSTEM, LOSS OF SPIRITUAL BASE)**
- **FEAR, DEPRESSION, SELF-CENTEREDNESS, NEGATIVISM**
- **THINKING DISORDER (EGO-ORIENTATION, OBSESSIVE THINKING, LINEAR THINKING, OVER-RELIANCE ON LOGIC & ANALYSIS, ETC.)**
- **PERFECTIONISM, INFERIORITY/GRANDIOSITY**
- **JUDGMENTALISM, EXTERNAL REFERENCING, ATTENTION/ APPROVAL SEEKING**



A SOLUTION

# THE STEPS, THE TRADITIONS & SPIRITUAL PRINCIPLES

## 🕉️ THE STEPS: BRING US INTO 'RIGHT ALIGNMENT' IN SOMETHING GREATER THAN OURSELVES

### 🕉️ STEPS 1- 3: FOUNDATION: TURNING THE VESSEL RIGHT SIDE UP

1. WE ADMITTED WE WERE POWERLESS OVER \_\_\_\_ AND THAT OUR LIVES HAD BECOME UNMANAGEABLE.
2. CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.
3. MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD GOD.

### 🕉️ STEPS 4 - 9: CORE: PREPARING THE VESSEL FOR SAIL

4. MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.
5. ADMITTED TO GOD, TO OURSELVES AND ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.
6. WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER.
7. HUMBLY ASKED GOD TO REMOVE OUR SHORTCOMINGS.
8. MADE A LIST OF ALL THE PERSONS WE HAD HARMED AND BECAME WILLING TO MAKE AMENDS TO THEM ALL.
9. MADE DIRECT AMENDS WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.

### 🕉️ STEPS 10 -12: EXPRESSION: SET SAIL ON THE SPIRITUAL VOYAGE

10. CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTING IT.
11. SOUGHT THROUGH PRAY AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD, AS WE UNDERSTOOD GOD, PRAYING ONLY FOR KNOWLEDGE OF GOD'S WILL FOR US AND THE POWER TO CARRY IT OUT.
12. HAVING HAD A SPIRITUAL AWAKENING AS A RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO \_\_\_\_ THAT STILL SUFFER AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS.

# THE STEPS, THE TRADITIONS & SPIRITUAL PRINCIPLES (CONT'D)

- **THE TRADITIONS: BRING US INTO HARMONY WITH OURSELVES AND THOSE AROUND US**
  
- **THE SPIRITUAL PRINCIPLES: INSPIRE POSITIVE BEHAVIOR, SHIFT ATTITUDES, PROMOTE LOVE**
  - AWARENESS
  - HONESTY, OPEN-MINDEDNESS, WILLINGNESS (HOW)
  - ACCEPTANCE, GRATITUDE
  - SURRENDER
  - HOPE, FAITH AND TRUST
  - SELF-ACCEPTANCE, HUMILITY
  - COMPASSION, PATIENCE, AND TOLERANCE
  - FORGIVENESS
  - UNCONDITIONAL LOVE
  - SHARING, CARING AND SERVICE

# A LITTLE HISTORY

● **FOUNDED OF AA DR. BOB AND BILL W.**

● **FORMED IN 1935**

*“The generally accepted story is that the steps came to AA via the Oxford group of the Theosophical Society, who developed them by systematizing teachings of the rishis (saint, sage, yogi) of India.”*

*From ‘Addictions a Systems Approach published @ [www.yogamag.net](http://www.yogamag.net)*

THE ART AND SCIENCE OF  
YOGA

# YOGA

- **“ANCIENT ART AND SCIENCE OF SELF-DEVELOPMENT THAT TEACHES PEOPLE THE FINE ART OF BALANCING OUR MULTI-DIMENSIONAL LIVES WHILE LIVING IN A COMPLEX WORLD.”** YOGA FOR WELLNESS - GARY KRAFTSOW

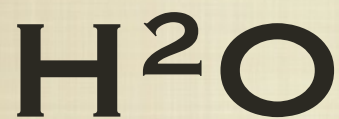


- **ENGLISH TRANSLATION - UNION, BALANCE, INTEGRATION, RELATIONSHIP**
- **MORE THAN WELL-BEING IN OUR BODIES, YOGA IS A PATH TOWARD DEEPER MEANING AND HEALING IN OUR LIVES.**

# CHARACTERISTICS OF ADDICTION

- DISHONESTY (DENIAL, PROJECTION, DELUSION)
- NOT PROCESSING FEELINGS IN A HEALTHY WAY (DISTORTION, FROZEN FEELINGS)
- NEED TO CONTROL, RIGIDITY, FANTASIES
- LOSS OF PERSONAL MORALITY (OR PROMISED VALUE SYSTEM, LOSS OF SPIRITUAL BASE)
- FEAR, DEPRESSION, SELF-CENTEREDNESS, NEGATIVISM
- THINKING (ISOLATED EGO-ORIENTATION, OBSESSIVE THINKING, LINEAR THINKING, OVER-RELIANCE ON LOGIC & ANALYSIS, ETC.)
- PERFECTIONISM, INFERIORITY/GRANDIOSITY
- JUDGMENTALISM, EXTERNAL REFERENCING, ATTENTION/APPROVAL SEEKING

# MIND, BODY, SPIRIT



SUBSTANCE AS DIFFERENT  
FORMS



SOLID - ICE - BODY



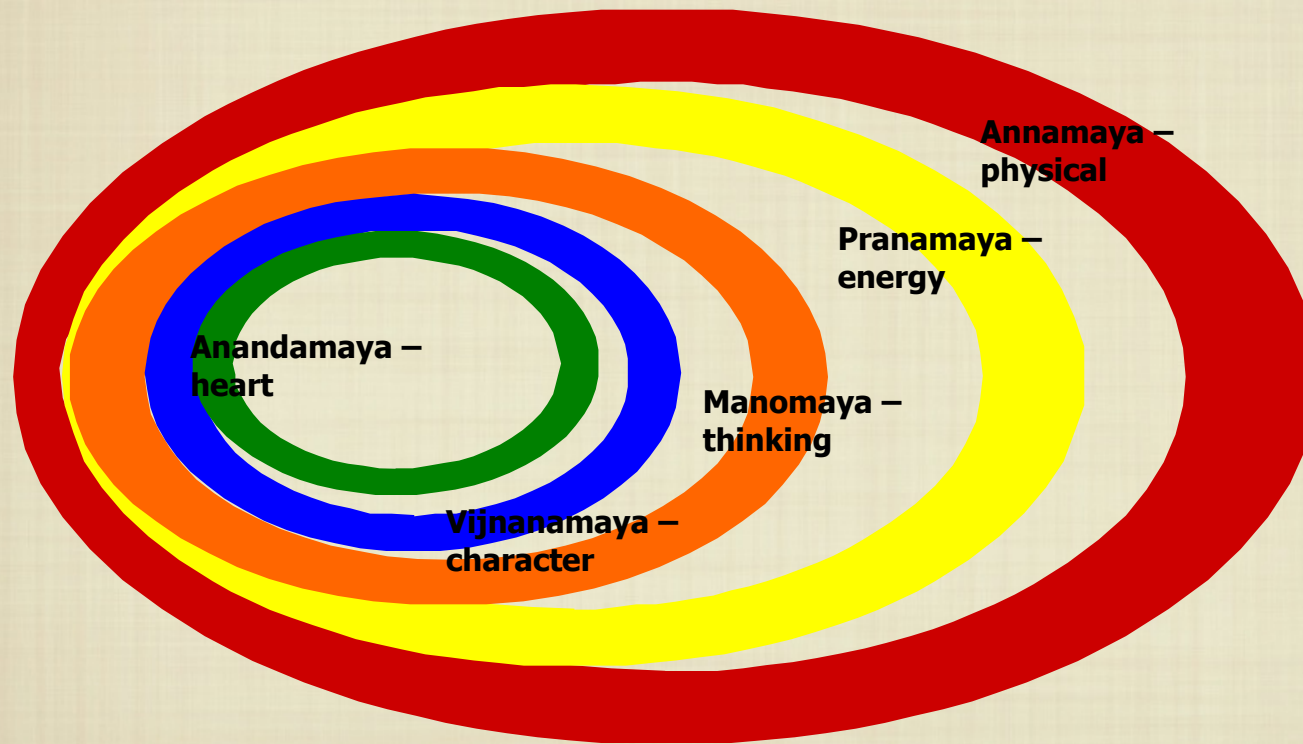
LIQUID - WATER- MIND



GAS - VAPOR -  
SPIRIT



# PANCHAMAYA KOSHA MODEL



**THE IDEAL CONDITION OF THE HUMAN  
SYSTEM: AN INTEGRATED WHOLE**

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# THE MULTI-DIMENSIONAL SELF

WHEN THE BODIES ARE MISALIGNED,  
DISCONNECTED OR IMBALANCED THE  
SYSTEM IS SUSCEPTIBLE TO DISEASE  
AND DYSFUNCTION.

"Hell is the place where  
nothing connects."

T.S. Eliot

# ROOTS OF DISCONNECTION

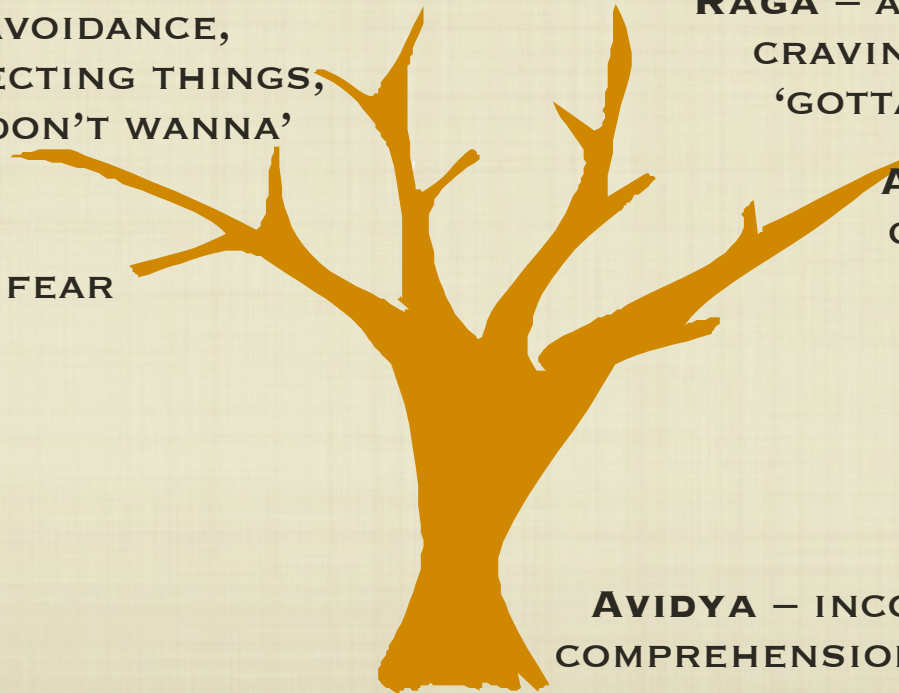
**KLESHAS** – CONDITIONED BELIEFS AND BEHAVIORS THAT KEEP US BOUND, SEPARATE

**DVESA** – AVOIDANCE,  
REFUSAL, REJECTING THINGS,  
DISLIKES, 'I DON'T WANNA'

**RAGA** – ATTACHMENT,  
CRAVING, LIKES,  
'GOTTA HAVES'

**ABHINIVESA** – FEAR

**ASMITA** – EGO,  
CONSTRUCTED  
SELF



**AVIDYA** – INCORRECT  
COMPREHENSION, FALSE  
UNDERSTANDING

ADAPTED FROM 'THE HEART OF YOGA', T.K.V. DESIKACHAR

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# MANIFESTATION OF THE OBSTACLES

- SICKNESS, DISEASE
- DENSITY, STUCK-NESS
- DOUBT, UNDERMINING THE POTENTIAL TO MOVE FORWARD
- CARELESSNESS, HASTINESS
- LETHARGY, LACK OF PASSION
- FALSE PERCEPTION OF SELF
- SELF-IMPORTANCE/LOW SELF-ESTEEM
- INSTABILITY, FALLS BACK
- NOT GROUNDED; NOT ACHIEVING LEVEL ANTICIPATED

YS 1:30 VYADHI, STYANA, SAMSHAYA, ALASYA, AVIRATI, BRANTI-DARSHANA, ALABDHA-BHUMIKATVA, ANAVASTHITATVA CHITTA-VIKSHEPA TE ANTARAYAH

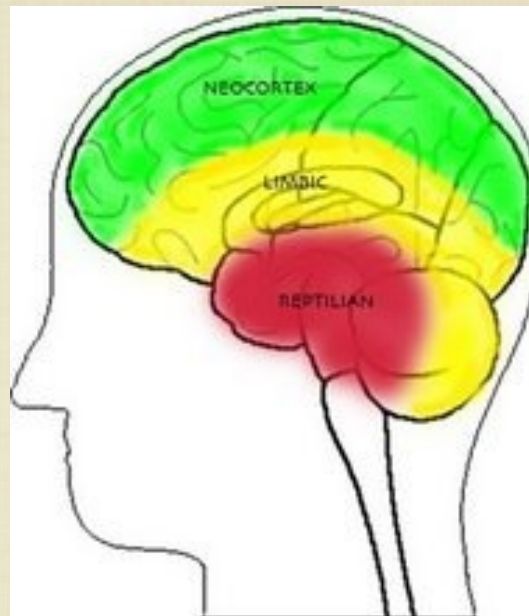
# TRANSFORMATION - FROM THE UPANISHADS

- **DUKHA - SUFFERING EXISTS**
- **JNANA - KNOWLEDGE OF SUFFERING; IT AFFECTS ME**
- **ICCHA - DESIRE TO CHANGE; WILLINGNESS**
- **KRIYA - ACTIONS**
- **DHARMA - BIGGER WORK IN THE WORLD**
- **SVADHARMA - PERSONAL DHARMA**
- **VAIRAGYA - 'GIVING IT AWAY'**

THE NEUROBIOLOGY  
AND PHYSIOLOGY OF  
TRAUMA

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# THE TRIUNE BRAIN



# ANIMALS IN THE WILD



**POLAR BEAR TRAUMA**  
**RELEASE**

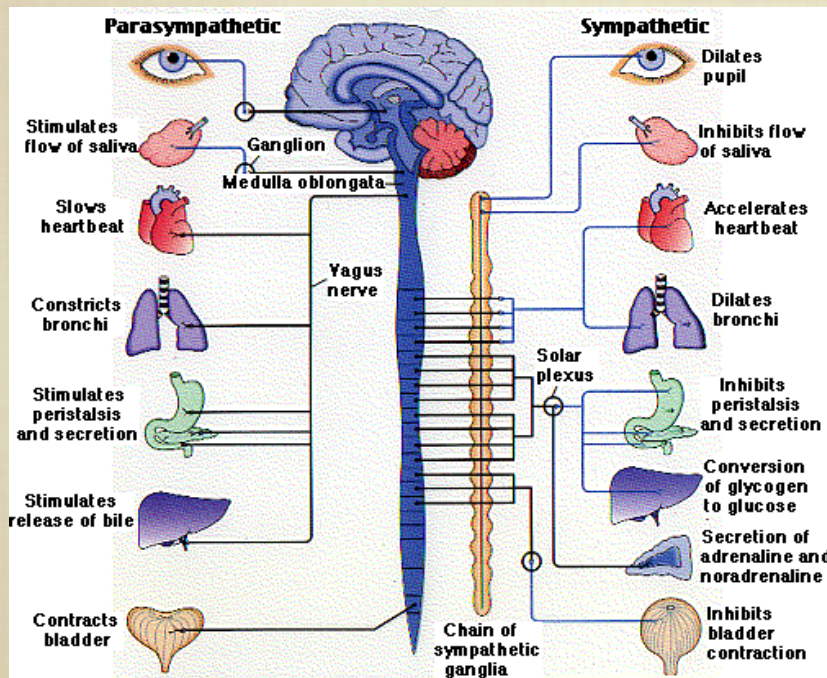


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# ANS (CONT'D)

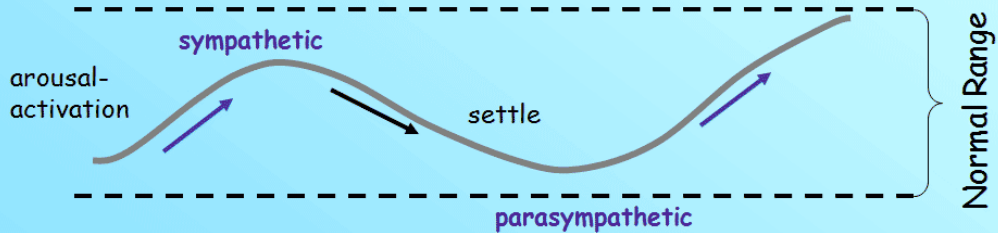
- REGULATES ALL BASIC LIFE FUNCTIONS INCLUDING VISCERAL SYSTEM (INTERNAL ORGANS). ANS IS REGULATED BY THE REPTILIAN BRAIN



- THE PNS BRANCH ACTS LIKE A BRAKE PEDAL FOR NERVOUS SYSTEM. IT RELAXES, UNWINDS, AND DISCHARGES THE AROUSAL OF SYMPATHETIC ACTIVATION
- THE SNS IS LIKE THE GAS PEDAL. IT ENERGIZES FOR ANY ACTION, AND PREPARES FOR THREAT
- A DYSREGULATED ANS IS LIKE A CAR DRIVEN WITH THE BRAKE AND ACCELERATOR FULLY ENGAGED.

# HEALTHY NERVOUS SYSTEM

## A Healthy Nervous System



COURTESY: SOMATIC EXPERIENCING TRAUMA INSTITUTE

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# BALANCED NERVOUS SYSTEM

**When my Nervous System is balanced  
and my activation is low**

**I feel:**

Open, curious

Relaxed yet alert

Embodied

Appropriately reactive

Available for connection

Able to be present

Fluid, resilient

Emotionally stable

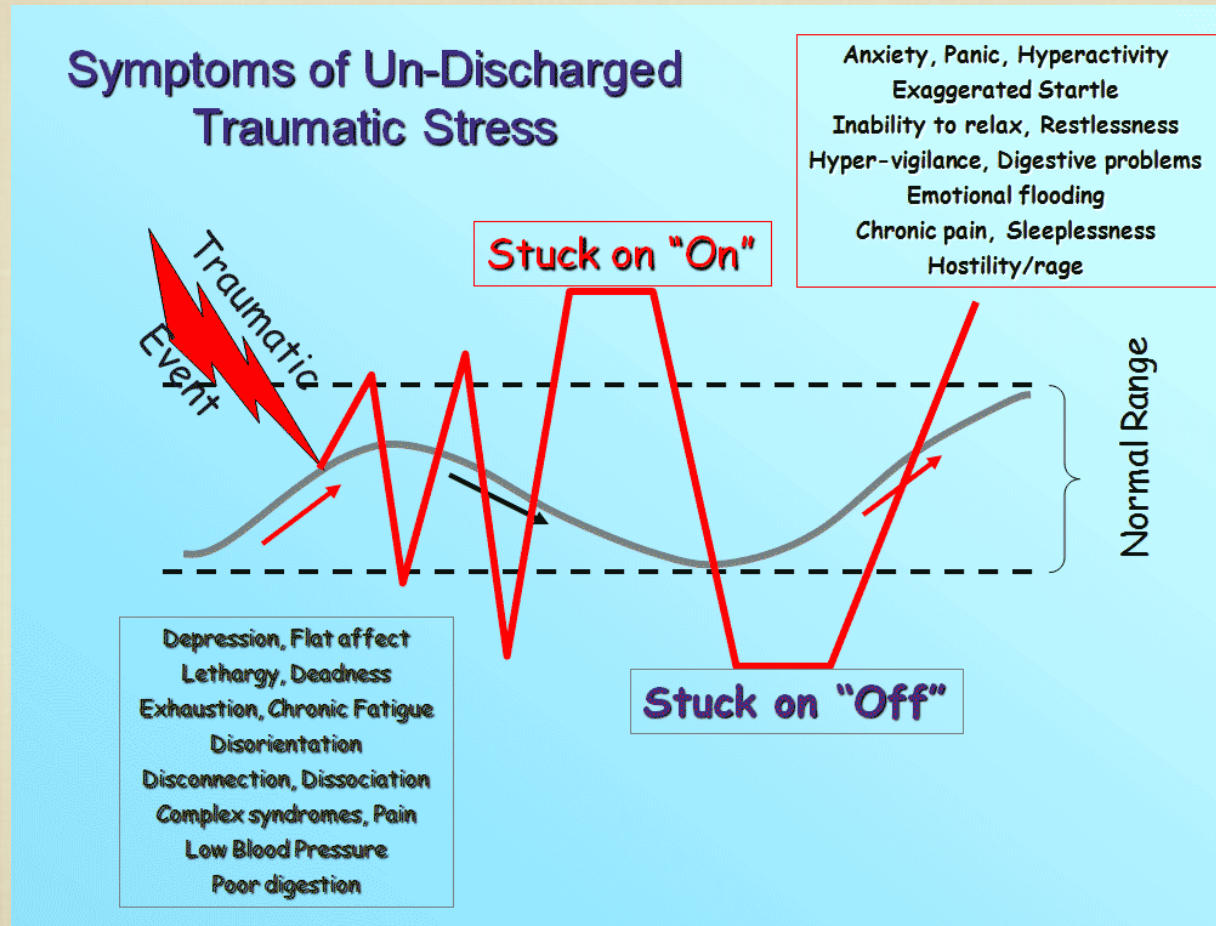
Competent - a sense of mastery    Healthy - symptoms are manageable

***I have choices and options***

I recognize when I am moving out of my functional range  
and have tools to return to stability and stabilization

I know when to reach out for support  
when I can't do it on my own

# NERVOUS SYSTEM DYS-REGULATION



COURTESY: SOMATIC EXPERIENCING TRAUMA INSTITUTE

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# TRAUMA

- **‘ON A BROAD LEVEL, TRAUMA IS ANYTHING FROM ONE’S LIFE EXPERIENCE THAT REMAINS TRAPPED AND UNRESOLVED CAUSING DISTURBANCES AT THE BIOLOGICAL, PHYSIOLOGICAL, EMOTIONAL, MENTAL OR BEHAVIOR LEVELS’**
- **‘TRAUMATIC EVENTS CHALLENGE AND OVERWHELM OUR CAPACITY TO COPE AND RESPOND PHYSICALLY AND/OR EMOTIONALLY’**

**‘WAKING THE TIGER’ -PETER  
LEVINE**

# TRAUMATIC EVENTS

## ● SHOCK TRAUMA AND DEVELOPMENTAL TRAUMA

## ● TRAUMATIC EVENTS:

- PHYSICAL OR SEXUAL ABUSE, CAR CRASHES, ACCIDENTS, SURGICAL PROCEDURES, LIFE-THREATENING ILLNESSES, FALLS, SUDDEN AND UNEXPECTED LOSSES, DROWNING AND SUFFOCATION, BIRTH TRAUMA

## ● RISK FACTORS FOR CHILDHOOD TRAUMA:

- DIVORCE, DEATH OR SERIOUS ILLNESS OF FAMILY MEMBER, HOSPITALIZATION OR MEDICAL PROCEDURES PLACEMENT IN FOSTER HOME, BEING ATTACKED, NATURAL DISASTERS, EXPOSURE TO VIOLENCE, DRASTIC CHANGES IN SOCIAL-ECONOMIC STATUS, IMMIGRATION, LEARNING DISABILITIES. ‘

‘WAKING THE TIGER - PETER LEVINE

# THE BODY BEARS THE BURDEN

**“All bodies record the physical and emotional traumata of living -  
the happenings of life” - Ida P. Rolf**

- **EMOTIONAL TRAUMA IS ENERGY.**
  - **ENERGY COLLECTS SOMEWHERE**
  - **CREATES KNOTS AND TENSION**
- **“THE ISSUES LIVE IN THE TISSUES”**

# INDICATIONS OF UNRESOLVED TRAUMA

- INTENSE EMOTIONS DRIVE REACTIONS
- CAPACITY TO SELF-REGULATE IS DAMAGED.  
RESPONSES ARE OFTEN REFLEXIVE AND  
IMPULSIVE
- CAPACITY TO REASON AND PROCESS INFORMATION  
DIMINISHES
- DIFFICULT TO MAINTAIN SELF-CONTROL

GINA ROSS 2007



# NERVOUS SYSTEM REGULATION

## ● THE NERVOUS SYSTEM:

- NO UNDERSTANDING OF TIME
- WANTS HOMEOSTASIS

## ● TO SELF-REGULATE WE WILL:

- DRINK, DRUG, SMOKE, OVEREAT, NUMB OUT ON TV, ENGAGE IN INAPPROPRIATE SEX, SHOP, GAMBLE, ETC., ETC., ETC.

## ● THE PRACTICES OF YOGA AND THE PRACTICAL TOOLS OF THE 12-STEP PROGRAM HELP US MANAGE OUR STATES IN SUSTAINABLE NON-DESTRUCTIVE WAYS RATHER THAN DESTRUCTIVE ONES

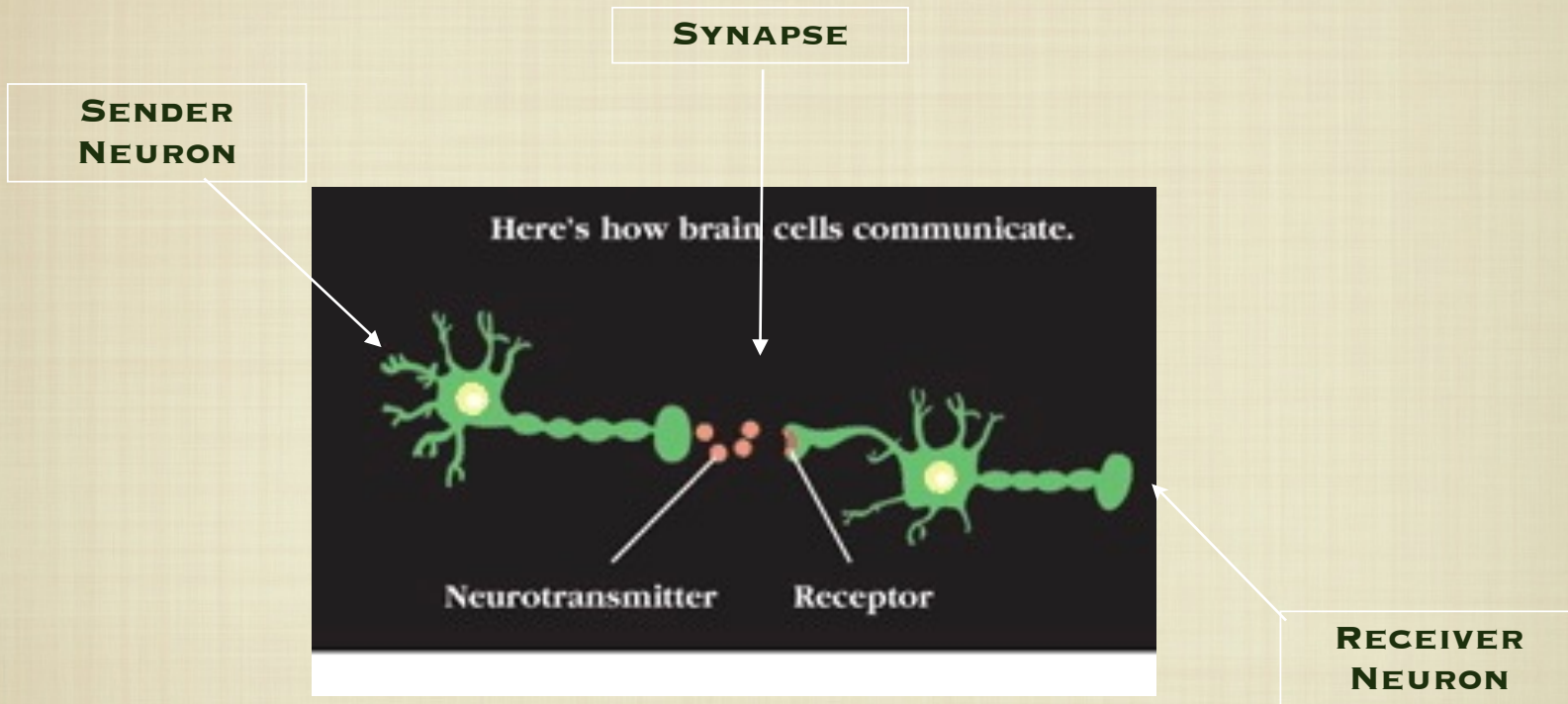


YES! THE  
ISSUES LIVE IN  
OUR TISSUES

# SAMSKARA

- FROM SANSKRIT SAM (COMPLETED OR JOINED TOGETHER) AND KARA (ACTION, CAUSE, DOING)
- HABITUAL CONDITIONING
- INNATE TENDENCIES THAT CAN BE OF ANYTHING, NOT JUST THE MIND
- INBORN, ACQUIRED, AND IMPOSED
- REPEATING SAMSKARAS REINFORCES THEM, CREATING A GROOVE THAT IS DIFFICULT TO RESIST
- TAMASIC, RAJASIC, SATTVIC

# COMMUNICATION IN THE BRAIN



# NEUROBIOLOGY OF SAMSKARA



**Truth of Experience:  
“What is’**

## **SENSORY ACCESS POINTS (SAP's)**

**HANDS: STEERING WHEEL  
NOSE: TIRES, GAS, TREE  
LIPS/FACE: IMPACT FORCES  
HEARING: GEARS, CRASH,  
EYES: GLASS, BLACKNESS, ROAD  
PROPRIOCEPTORS: FOOT/HAND/HEAD  
POSITION, IMPACT POINTS**

**NEURAL IMPULSES  
TRANSLATED FROM  
SAP'S**



## **PERCEPTION FILTERS (METADATA)**

## **NEOCORTEX**

## **CONNECTIVE TISSUE**

**INFORMATION PASSED  
INTO CONNECTIVE TISSUE:  
THERMALLY,  
CHEMICALLY,  
ACOUSTICALLY ,  
HYDRODYNAMICALLY, BIO-  
PHONTONICALLY**

# CONNECTIVE TISSUE

**HOW IS IT POSSIBLE THAT OUR ISSUES ARE STORED IN CONNECTIVE TISSUE?**

- **CONNECTIVE TISSUE IS OFTEN REFERRED TO AS EXTRACELLULAR MATRIX (ECM)**
- **ECM SURROUNDS AND SUPPORTS EVERY CELL IN OUR BODY**
- **THE FOUNDATION OF ECM IS COLLAGEN**
- **PROPERTIES OF COLLAGEN:**
  - **HIGHLY ORGANIZED, CRYSTAL-LIKE TRIPLE HELIX**
  - **PIEZO ELECTRIC (VOLTAGE CHANGES WITH MANIPULATION)**

# SAMSKARA

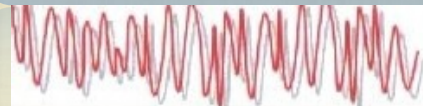


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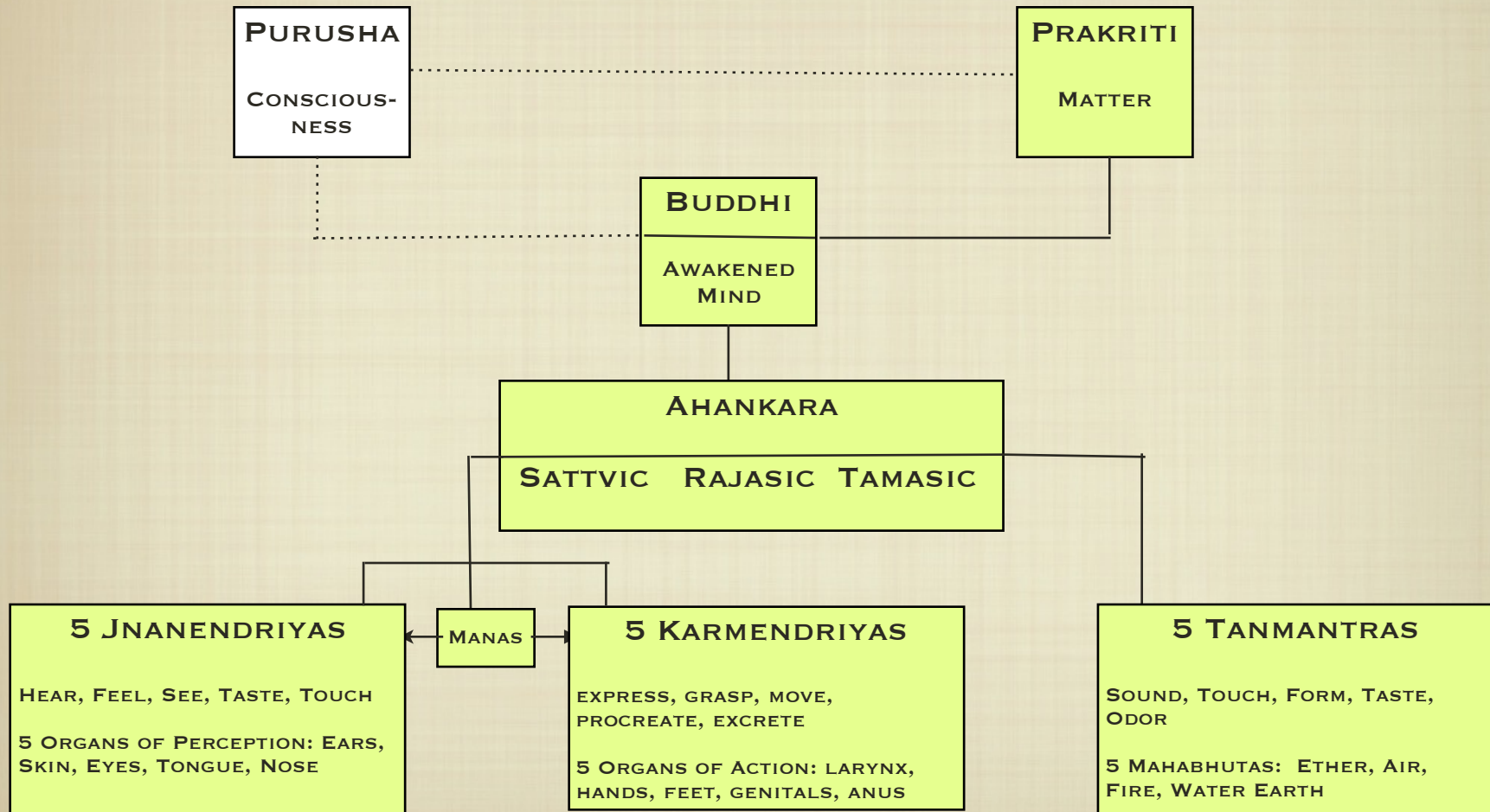


**PERCEPTION FILTERS (METADATA)**

**NEOCORTEX**

**CONNECTIVE TISSUE**

# THE YOGIC VIEW



FROM: THE YOGA SUTRAS STUDY GUIDE BY BABA HARI DASS



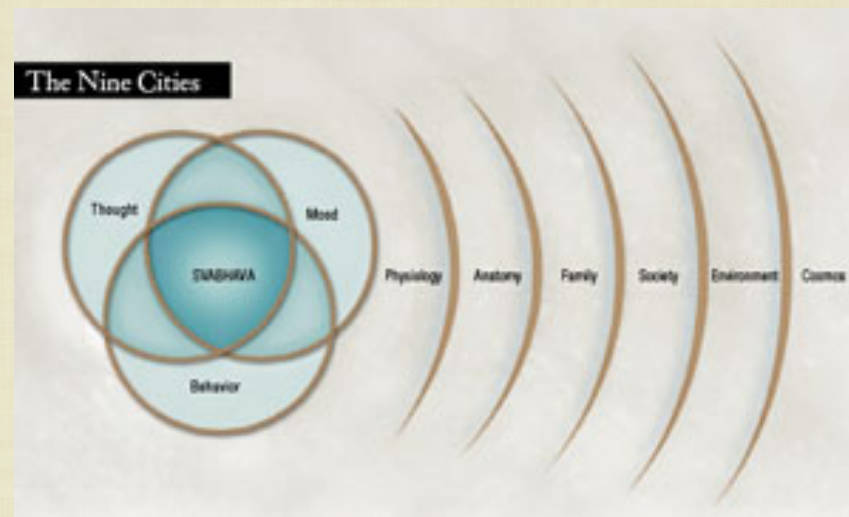
# WHY YOGA?

- **YOGA WORKS WITH THE LANGUAGE OF THE BODY TO RELEASE THE INFORMATION THAT IS HELD IN TISSUES**
- **HOMEOSTASIS BASED**
- **YOGA CIRCUMNAVIGATES THE AHANKARA**
- **WORKS WITH CONSCIOUSNESS -  
AWARENESS, ATTENTION, SELF-REFERENCE**

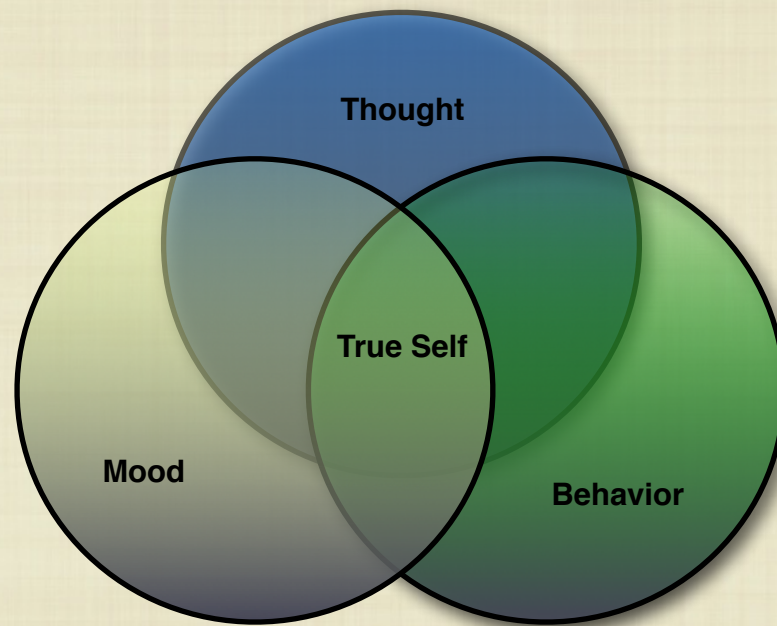
# THE WISDOM TO KNOW THE DIFFERENCE

## THE CITIES

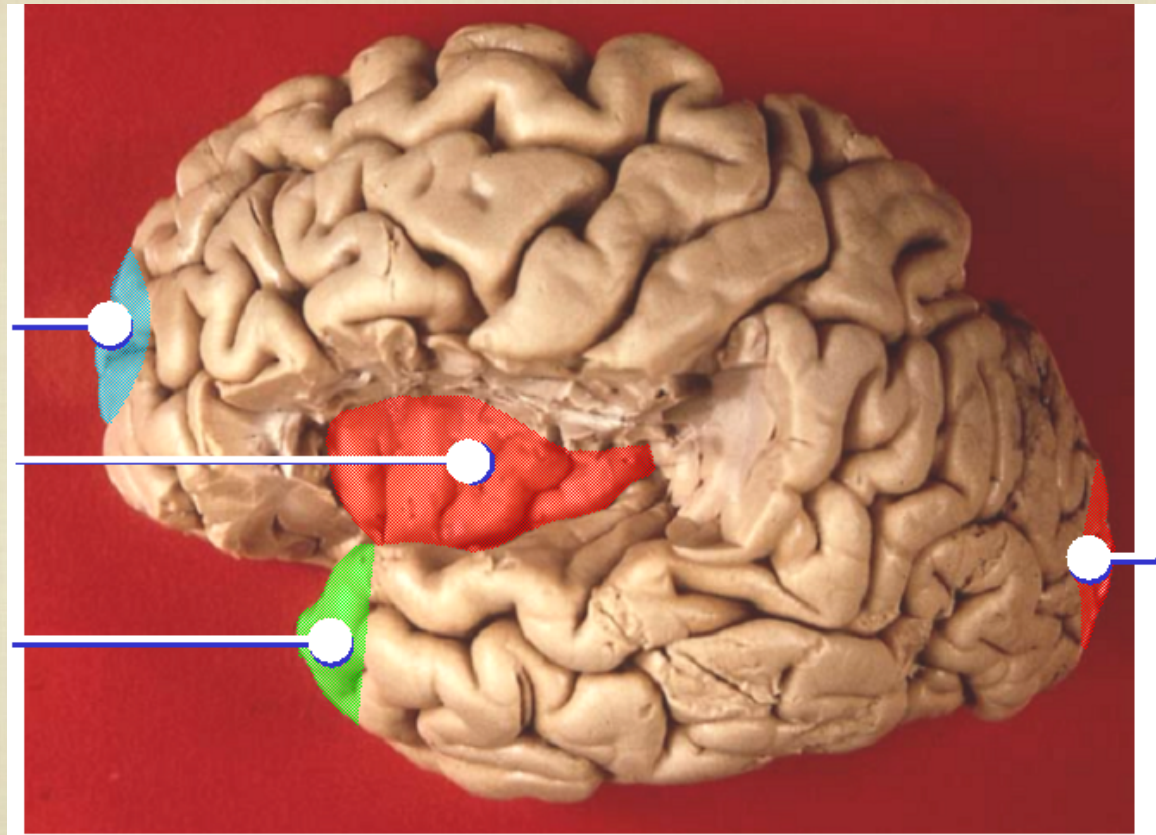
**AUTHOR: GARY  
KRAFTSOW**



# THE INNER CITY



# MEDITATION AND THE BRAIN



**Y12SR:  
LEADERSHIP TRAINING  
PART 2: CORE**

EMBODIMENT CONCEPTS, THE Y12SR  
INTERVENTIONS, PRACTICE

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# EMBODIMENT CONCEPTS

- **FELT-SENSE: LANGUAGE OF BODY. FELT SENSE INFORMS US INSTANTLY AND SIMULTANEOUSLY OUR EXTERNAL AND INTERNAL ENVIRONMENT. EXAMPLES: (THE KNOT IN THE BELLY WHEN SOMETHING FEELS SCARY, BUTTERFLIES WHEN EXCITED, STRENGTH IN ARMS AND LEGS WHEN CONFIDENT)**
- **ORIENTING RESPONSE: BEHAVIOR OF AN ANIMAL WHEN IT EXPERIENCES NOVELTY TO ENVIRONMENT**
- **GROUNDING: USING 5 SENSES TO RETURN TO PRESENT**
- **RESOURCING: ANYTHING THAT CONNECTS US WITH A DEEPER CAPACITY FOR ORGANIZATION, BRIDGE TO DEEPER CONNECTION. INTERNAL AND EXTERNAL ANCHORS TO FEEL LESS ACTIVATED.**
- **MEET THE ENERGY WHERE IT'S AT**

# EMBODIMENT CONCEPTS

- **MEET THE CLIENT/STUDENT WHERE THEY ARE:**
  - **ANXIOUS: START WITH VIGOROUS PRACTICE AND MOVE TOWARD MORE RELAXATION**
  - **DEPRESSED: START WITH RELAXATION AND MOVE TOWARD DEEPER MOVEMENT**
  - **'EMPATHETIC RESONANCE'**

# Y12SR INTERVENTIONS (EMBODIMENT PRACTICES)

- KEEP COMING BACK - MOUNTAIN POSE, BREATH WORK
- PAUSE BUTTON - CHILD'S POSE
- FOUNDATION, CORE, EXPRESSION
- SERENITY PRAYER - WISDOM TO KNOW THE DIFFERENCE, KNOWING WHEN TO DO MORE, KNOWING WHEN TO STOP.
- REPETITION AND STAY - EX: LUNGE AND WARRIOR
  - REPETITION: HELPS TO RE-EDUCATE NEUROMUSCULAR PATTERNS
  - STAY: WORKS WITH PHYSIOLOGY AND PSYCHOLOGY
  - EX: LUNGE AND WARRIOR
- 5 BODY PRESENCE - CENTERING AND MEDITATION, AM I HUNGRY, ANGRY, LONELY, TIRED, STUCK, LETHARGIC, SCATTERED?
- PRACTICING THE PRINCIPLES IN ALL OUR AFFAIRS - YOGA AND 12 STEPS ARE PRINCIPLE CENTERED PRACTICES
- LIFE ON LIFE'S TERMS - EX: PIGEON
- DUAL ACTION - HUG IN, REACH OUT; OPEN AND STRENGTHEN
- TPM: THROUGH PRAYER AND MEDITATION - TONGLLEN



# BREATH AND MEDITATION

- **TO REDUCE CRAVING: INHALE THROUGH LEFT NOSTRIL, RETAIN AS LONG AS POSSIBLE, THEN EXHALE RIGHT**
- **TO CHANGE AN AGITATED STATE OF MIND: NOTICE DOMINANT NOSTRIL AND BREATH THROUGH OPPOSITE**
- **TO OVERCOME ANXIETY: PALMS TOGETHER AT HEART CENTER, THUMBS PRESSED AGAINST STERNUM. EYES LIGHTLY CLOSED, FOCUS BETWEEN EYEBROWS. INHALE THROUGH NOSE IN 4 EQUAL PARTS LIKE SNIFFS. EXHALE IN 4 EQUAL PARTS, POWERFULLY PULLING IN NAVAL POINT. TO END, INHALE DEEPLY AND PRESS PALMS TOGETHER WITH MAXIMUM FORCE FOR 10 SECONDS; THEN EXHALE. RELAX FOR 15 TO 20 SECONDS. REPEAT SEQUENCE TWICE MORE.**

**LET'S PRACTICE.....**

# **BUILDING THE YOGA PRACTICE**

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# BRHMANA AND LANGHANA EFFECTS

	<b>BRHMANA</b>	<b>LANGHANA</b>
<b>QUALITY</b>	<b>NOURISHING; BUILDING</b>	<b>REDUCING; ELIMINATING</b>
<b>PACE</b>	<b>FASTER; LESS PAUSE AND REST BETWEEN POSTURES</b>	<b>SLOWER; MORE PAUSE AND REST BETWEEN POSTURES</b>
<b>BREATH</b>	<b>INHALE, RETENTION</b>	<b>EXHALE, SUSPENSION</b>
<b>ASANA</b>	<b>BACK AND LATERAL BENDS, SHOULDER STAND, STANDING POSTURES, VINYASA FLOW, LONGER</b>	<b>FORWARD BENDS, TWISTS, HEADSTAND, SUPINE POSTURES, LONGER STAYS IN GENTLE POSTURES,</b>

# PRANAYAMA TECHNIQUES (CONT'D)



TECHNIQUE	VALVE	EFFECT
<b>UJJAYI</b>	<b>GLOTTIS (THROAT) FOR INHALE AND EXHALE</b>	<b>HEATING</b>
<b>ANULOMA UJJAYI</b>	<b>INHALE: UJJAYI EXHALE: ALTERNATE NOSTRIL</b>	<b>CALMING</b>
<b>VILOMA UJJAYI</b>	<b>INHALE: ALTERNATE NOSTRIL EXHALE: UJJAYI</b>	<b>ENERGIZING</b>
<b>PRATILOMA UJJAYI</b>	<b>INHALE: UJJAYI EXHALE: LEFT NOSTRIL THEN INHALE: LEFT NOSTRIL EXHALE: UJJAYI THEN INHALE: UJJAYI EXHALE: RIGHT NOSTRIL</b>	<b>EQUALIZING</b>
<b>SITALI</b>	<b>INHALE: MOUTH WITH TONGUE FOLDED EXHALE: THROAT OR ALTERNATE NOSTRILS</b>	<b>COOLING</b>
<b>SITKARI</b>	<b>INHALE: MOUTH WITH TONGUE FLAT EXHALE: THROAT OR ALTERNATE NOSTRILS</b>	<b>COOLING</b>

# PRANAYAMA TECHNIQUES (CONT'D)


TECHNIQUE	VALVE	EFFECT
<b>CANDRABHEDA</b>	<b>INHALE: LEFT NOSTRIL EXHALE: RIGHT NOSTRIL</b>	<b>COOLING</b>
<b>SURYABHEDANA</b>	<b>INHALE: RIGHT NOSTRIL EXHALE: LEFT NOSTRIL</b>	<b>HEATING</b>
<b>NADISHODHANA</b>	<b>INHALE: LEFT NOSTRIL EXHALE: RIGHT NOSTRIL <u>THEN</u> INHALE: RIGHT NOSTRIL EXHALE: LEFT NOSTRIL</b>	<b>EQUALIZING</b>
<b>KAPALABHATI (KRIYA)</b>	<b>INHALE AND EXHALE THROUGH NOSE. EXHALATION RAPID AND VIGOROUS THROUGH REPEATED LOWER ABDOMINAL CONTRACTION</b>	<b>HEATING</b>
<b>BHASTRIKA (KRIYA)</b>	<b>SAME AS KAPALABHATI EXCEPT RAPID BREATHING IS DONE THROUGH ALTERNATE NOSTRILS.</b>	<b>HEATING</b>

# MOMENTS OF A THEME



## CENTERING/TURNING INWARD

-  RELAX AND GROUND STUDENTS USING BREATH AWARENESS
-  INTRODUCE THEME OR EMPHASIS - USE IMAGE OR PHRASE THAT CAN BE REPEATED AND/OR ELABORATED ON THROUGHOUT THE CLASS


## STANDING POSTURES OR PART OF CLASS REQUIRING MOST CONCENTRATION

-  DURING THE MOST ACTIVE PART OF THE CLASS BRING THE THEME INTO THE ROOM BY USING ONE WORD OR PHRASE, FINDING THE BREATH PAUSES DURING THE INTENSE TIME TO REPEAT THE THEME

## SLOWING DOWN

-  REPEAT THE THEME DURING TRANSITION TO FLOOR.
-  USE EXAMPLES AND STORIES FROM EVERY DAY LIFE. THIS THE PART OF CLASS WHEN THE STUDENT IS USUALLY OPEN FOR SUGGESTION.

## FINAL MOMENTS OF CLASS

-  HERE WE SPEAK ABOUT THE THEME FROM OUR HEARTFELT CONNECTION TO IT. IMAGERY, POETRY AND MAKING SUBCONSCIOUS CONNECTIONS CONSCIOUS WORK HERE.

# CHALLENGE:

## EMOTIONAL STRUGGLE

### RIDING THE WAVE

- BREATH - SLOW PROCESS DOWN, ASK PERSON TO CONNECT WITH BREATH (RESOURCE)
- RELAX - HELP THE PERSON RELAX IN KNOWING THAT THEY ARE SAFE
- FEEL - INVITE PERSON TO FEEL THEIR OWN FEELINGS AT THE LEVEL OF SENSATION (FELT SENSE)
- WATCH - INVITE THE STUDENT WATCH AND NOTICE WHAT HAPPEN NEXT
- ALLOW - ASK THEM TO JUST PAUSE , ALLOWING THEIR HP TO WORK AND NOTICE IF SOMETHING MOVES OR CHANGES





# SUSTAINABILITY

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# SUSTAINABILITY

## ● GROUP SUSTAINABILITY

- CO-FACILITATING
- GROUND RULES!!!!
- BREATHING...FIND YOUR BREATH DIVINE ONE
- THE CIRCLE
- RECOGNIZE THE 'YOU ARE NOT THE GROUP'!
- CONNECT WITH NEWCOMERS AND THOSE WHO HAVEN'T BEEN PRESENT FOR A WHILE
- GIVING IT AWAY - DONATION-BASED
- NETWORK OF SUPPORT

# RESOURCES:

- **NEW LEADER INTRO**
- **Y12SR LEADERS FACEBOOK PAGE**
  - **SAMPLE PRACTICES**
  - **MEETING FORMAT**
  - **FLYER**
  - **LOGO**
  - **FEEDBACK FORMS**
  - **INTERVENTIONS**
  - **PROGRAM INFO SHEET**
  - **CONVERSATION AND INFORMATION FROM LEADERS**
- **MONTHLY CONFERENCE CALLS**
- **LEADERS RETREAT**

# RESOURCES:

## BOOKS, ARTICLES, VIDEO'S ETC.

- WAKING THE TIGER - PETER LEVIN
- THE HEART OF YOGA - TKV DESIKACHAR
- YOGA FOR TRANSFORMATION AND YOGA FOR WELLNESS - GARY KRAFTSOW
- ONE BREATH AT A TIME - KEVIN GRIFFIN
- YOGA AND ADDICTIONS RECOVERY CONFERENCE - KRIPALU MAY AND ESALEN  
OCTOBER 2013
- JEFF E. MASTERS - THUNDER MOUNTAIN WELLNESS [JEFF@TMWC.ORG](mailto:JEFF@TMWC.ORG)
- HOW YOGA WORKS - GEISHE MICHEAL ROCHE
- FACING CO-DEPENDENCE, INTIMACY, AND FACING LOVE ADDICTION - ALL BY PIA  
MELLODY
- WHEN THINGS FALL APART, COMFORTABLE WITH UNCERTAINTY AND ANYTHING ELSE  
BY PEMA CHODREN
- A LIVING TRADITION - GARY KRAFTSOW: [WWW.HIMALAYANINSTITUTE.ORG/YOGA-INTERNATIONAL-MAGAZINE/PHILOSOPHY-ARTICLES/NINE-CITIES/](http://WWW.HIMALAYANINSTITUTE.ORG/YOGA-INTERNATIONAL-MAGAZINE/PHILOSOPHY-ARTICLES/NINE-CITIES/)
- THE YOGA SUTRAS OF PATANJALI - BABA HARI DAS

# SUSTAINABILITY

*“To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything, is to succumb to the violence of our time.” – Thomas Merton*

# Y12SR

## LEADERSHIP TRAINING

### PART 3: BEING A VESSEL

Distinctions, Recognizing  
Traps, Co-Dependence,  
Boundaries, Resources

# DISTINCTIONS

**WHEN THERE IS CONFUSION, THERE IS AN  
IMPEDIMENT TO HOLDING SPACE...**

- **EMPATHY - PITY**
- **VULNERABILITY - CONTROL**
- **RESPONSIBILITY - VICTIM**
- **POWERLESS, POWERFUL, - EMPOWERED**
- **SURRENDER - RESIGNATION**
- **WITNESS - FIX**
- **LISTENING - INTERPRETING**

# RECOGNIZING TRAPS

- PROJECTION
- TRANSFERENCE
- COUNTERTRANSFERENCE
- SPIRITUAL BYPASS/ARROGANCE
- BOUNDARIES



# CO-DEPENDENCE



- **A PATTERN OF DEPENDENCE ON COMPULSIVE BEHAVIORS AND APPROVAL FROM OTHERS IN AN ATTEMPT TO FIND SAFETY, SELF-WORTH AND IDENTITY**
- **A PRIMARY DISEASE PRESENT IN EVERY MEMBER OF AN ADDICTIVE FAMILY, OFTEN WORSE THAN THE DISEASE ITSELF, WITH ITS OWN PHYSICAL MANIFESTATIONS**
- **A PATTERN OF COPING WHICH DEVELOPS BECAUSE OF PROLONGED EXPOSURE TO AND PRACTICE OF DYSFUNCTIONAL FAMILY RULES THAT MAKE OPEN EXPRESSION OF THOUGHT AND FEELING DIFFICULT.**
- **PROBLEMATIC OR MALADAPTIVE PATTERN OF RELATING CHARACTERIZED BY A LACK OF OPEN EXPRESSION OF FEELINGS AND EXCESSIVE ATTEMPTS TO DERIVE A SENSE OF PURPOSE, IDENTITY, SELF-WORTH AND FULFILLMENT THROUGH ENGAGING IN CARE TAKING RELATIONSHIPS WHICH INVOLVE HIGH LEVELS OF DENIAL, RIGIDITY AND ATTEMPTS TO CONTROL THE RELATIONSHIP.**

# CO-DEPENDENCE

## ● FIVE CORE SYMPTOMS:

### ● CODEPENDENTS HAVE DIFFICULTY:

1. EXPERIENCING APPROPRIATE LEVELS OF SELF-ESTEEM; SELF-LOVE
2. SETTING FUNCTIONAL BOUNDARIES; SELF-PROTECTION
3. OWNING AND EXPRESSING THEIR OWN REALITY; SELF-IDENTITY
4. TAKING CARE OF THEIR ADULT NEEDS AND WANTS; SELF-CARE
5. EXPERIENCING AND EXPRESSING THEIR REALITY MODERATELY: SELF-EXPRESSION

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# BOUNDARIES

- **BOUNDARIES - INVISIBLE AND SYMBOLIC 'FORCE FIELDS' TO:**
  - **KEEP PEOPLE FROM COMING INTO OUR SPACE AND ABUSING US**
  - **KEEP US FROM GOING INTO THE SPACE OF OTHERS AND ABUSING THEM**
  - **GIVE EACH PERSON A WAY TO EMBODY OUR SENSE OF 'WHO WE ARE'**

# BOUNDARIES

## ● TWO KINDS:

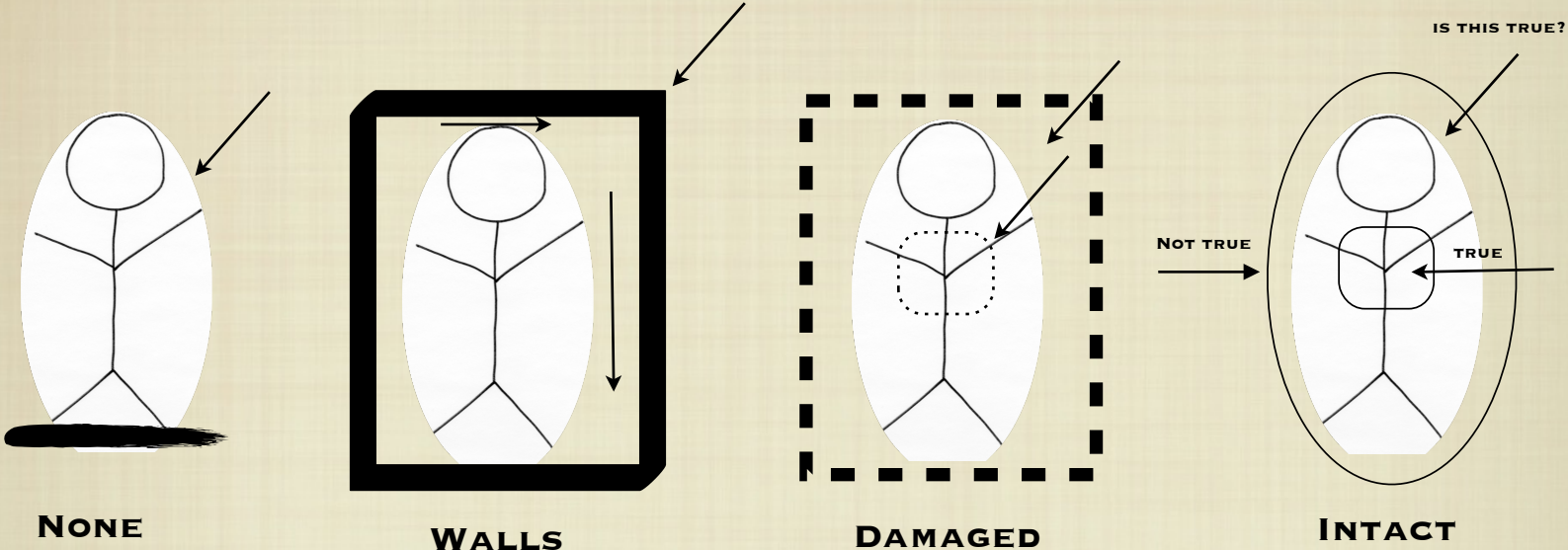
### ● EXTERNAL BOUNDARIES - ALLOWS US TO:

- CHOOSE OUR DISTANCE
- GIVE OR REFUSE PERMISSION TO TOUCH US OR OUR PRIVATE PROPERTY
- KEEP OUR BODIES FROM OFFENDING SOMEONE ELSE'S BODY

### ● INTERNAL BOUNDARIES - PROTECTS OUR:

- THINKING
- FEELING
- BEHAVIOR

# BOUNDARIES



BASED ON WORK OF PIA MELLODY

# CLOSING

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