

Yamas & Niyamas

These guidelines/invitations to incorporate and review Yamas and Niyamas during a training is inspired by Indu Arora and her training protocols to create an optimal holding environment for our collective learning and growth.

OVERVIEW & PURPOSE

Please make it a practice to read each night before and during our Teacher Training Time to assist all of us in our optimal learning and growth environment of positive intent, and to build a container for our collective growth & learning.

The following content or the Yamas and Niyamas is largely inspired by Yoga North's Book *Yamas & Niyamas: Exploring Yoga's Ethical Practice* Written by Deb Adele--A Book who's development was supported by Ann Maxwell & Yoga North. Other teachers who inspired the content below are Swami Rama, Yogi Raj, Vv Bates and 10th Dot, and Maureen Higgins.

YAMAS--Harmony with the outer world

NonViolence (Ahimsa)--an aura of peace that protects self and others

1. Be kind to self and others in thoughts, words and actions. Practice positive intent with all. When we find ourselves struggling, practice a pause, ask W.A.I.I.T. (Where am I in this?).
2. "Love all, exclude none." -Swami Rama this means even the parts of ourselves we would prefer not to examine. To enter the shadow is to regain parts of ourselves and love ourselves and others more.
3. Create a kind and loving routine for ourselves in advance of TT and after TT so that we can arrive ready to learn and depart and integrate the awareness received (e.g. dinacharya practices "daily routines that support the body, mind and spirit").

Truthfulness (Satya)--spoken words will always come true

1. Speak what is true, and pass it through the gate of ahimsa/nonviolence first. "Is it kind? Is it truthful? Is it necessary?" Be willing to pause and be willing to act.
2. Be willing to practice courage with truth even if it asks the more difficult choice of us.
3. Stay current so that beliefs/learnings do not become a blockage with the present moment or learning for optimal growth and being.

NonStealing (Asteya)--abundance

1. Practice being a forklift of self and others so as not to steal from the present moment.
2. Turn off phones, computers or other distractions so that we can attend to the learning and inquiry with presence.
3. Hold questions until an appropriate time, write them on a piece of paper to prevent distraction and give to teacher or wait til q and a of session.

NonExcess (Brahmacharya)--great vitality

1. Notice when you are moving into excess--when clarity of Soma shifts to dullness or scatteredness and practice an antidote for the Self to return to center, clear, calm, focus.
2. Bring what you need for comfort and to support your learning and leave what you can out.
3. Practice gratitude for the sacred in all.

NonPossessiveness (Aparigraha)--knowledge of experience

1. Be willing to unlearn to learn.
2. Surrender experiences to empty self and stay present.
3. NonPossessiveness brings the fruits of nonattachment and grows intimacy with self and others.

Niyamas--Harmony with the inner world

Purity (Saucha)--clarity

1. Keep the body pleasant and clean--practice your daily routines for cleansing the Soma
2. Create a practice of noticing the state we go to bed and arise in, this informs a subtle undercurrent throughout the day. Create a practice to support clearing the mind before sleep and upon rising.
3. Keep the space around the mat, the studio, your home clear it will support the Soma.

Contentment (Santosha)--Joy

1. Fall in love with our own lives.
2. Stay present, notice departure points and practice staying in the moment a breath longer.
3. Act skillfully and with love in the present moment.

Self-Discipline (Tapas)--Refinement

1. Allow the practice to grow with regularity and time to support personal growth.
2. Be willing to sit in the fires as we release old thought, speech and action patterns and develop our innate skills.
3. Bring direct experience to the study.

Self-Study (Svadyaya)--Freedom

1. Develop a compassionate witness that allows discernment and wisdom to flow forward.
2. When a trigger point happens for us, slow down and trace it back to its origin of the day or the past/future, take the invitation of the trigger to reclaim the parts of ourselves that got lost or abandoned because of a hurt that is no longer reality.
3. Love ourselves.

Surrender (Ishvara Pranidhana)--Harmony

1. Find the divine in all.
2. Pay attention to what we pay attention to. It informs our desires, senses and colorings of the mind--clear, scattered, or dull.
3. Stay current in the moment and notice what invitations are before us.
4. Come home to ourselves--fall in love with the Self and fall in love with the divine that is within us and all around us--we are divine beings having a human experience.