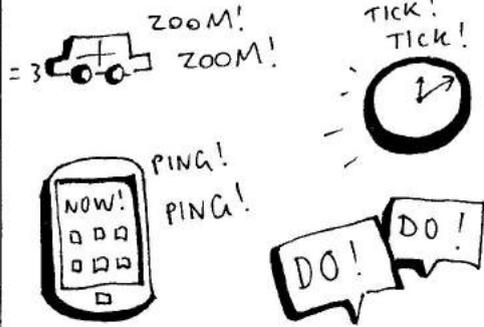


Surrendering to SPACIOUSNESS ~

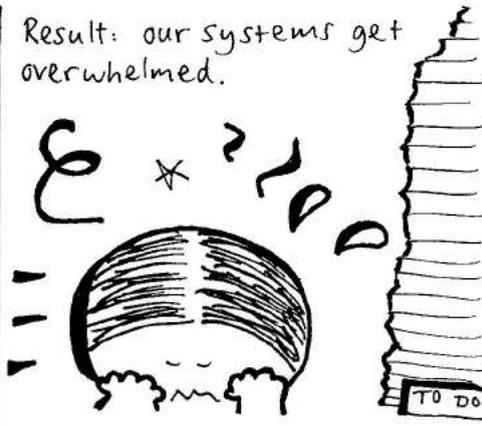
YOGA FOR STRESS AND BURNOUT ~

(taught by Charlotte Watts + Leah Barnett)

Welcome to 21st century life. It's very fast.



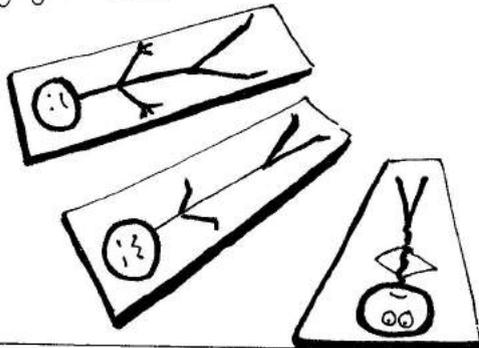
Result: our systems get overwhelmed.



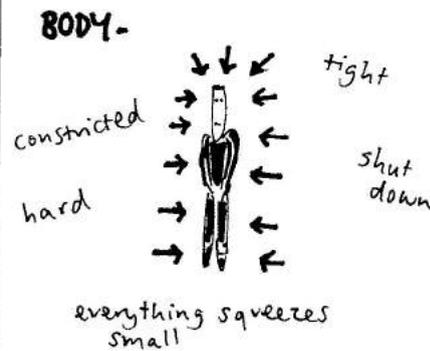
Modern life also presents us with psychosocial stress in many forms.



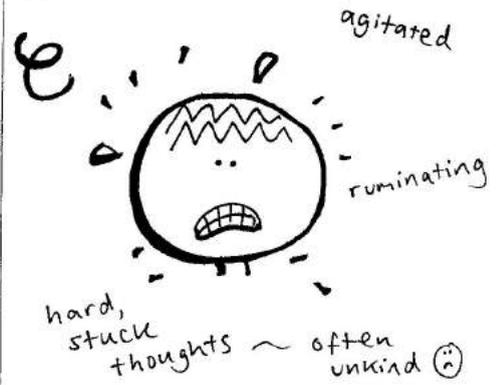
Result: chronically stressed and exhausted people end up on our yoga mats.



If anyone is in a chronic stress state, this is what's going on:



MIND:



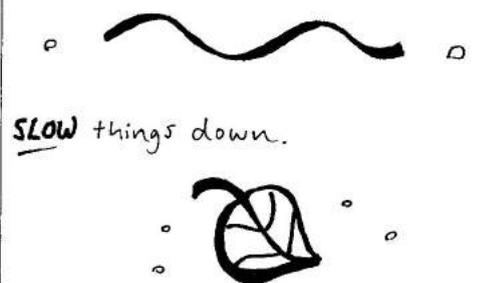
ORGANS:



As teachers, our role is transformative. We can offer an alternative path of



Here's how: **CREATE SPACIOUSNESS**

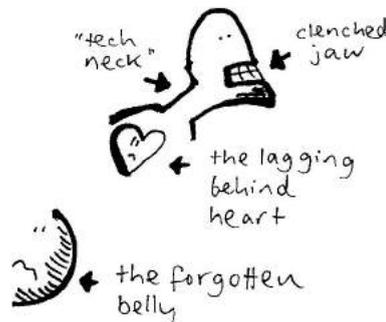


Focus on the pause between the breath. The length of the exhale.

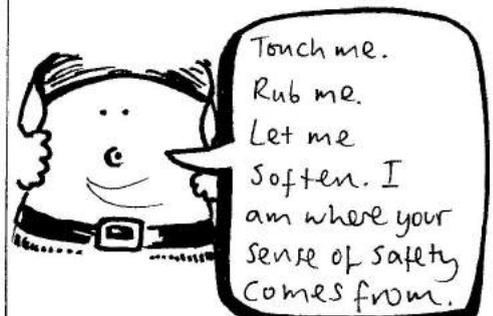
A fast life encourages fast, shallow breathing and an overstimulated nervous system.



In our busy lives, the head leads the way



It's time to redress this and **BEFRIEND THE BELLY**



As embryos, our brain and belly grew from the same tissue.



We're still in conversation all the time. 80% of the communication comes from me and the brain listens. I'm where your 'gut' wisdom comes from. That's why you can't 'think' your way out of stress.

Go for a walk and let your belly take the lead.

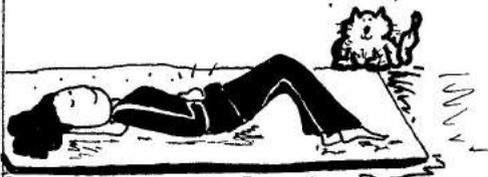


Move from the belly during poses



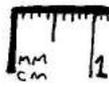
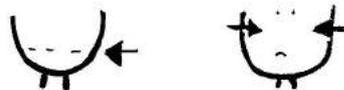
ENQUIRY:
Be present to what's going on inside. Listen to how the body, mind and breath are receiving the experience. Respond in a kind, harmonious way.

Our psoas is the first muscle to contract when we are stressed and is something of a 'warehouse' for trauma. Let it have 15mins of expansion per day in **CONSTRUCTIVE REST POSITION**.



Message from body (gut) to mind: "You are safe!"

Other stress-holding spots to release with breath, softening and micro movements

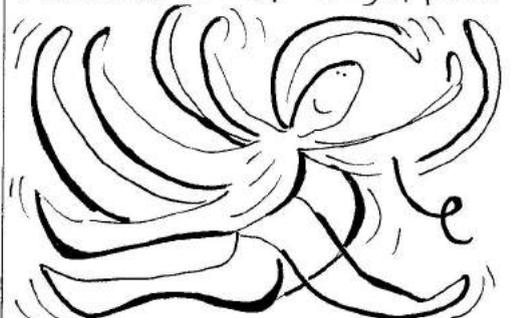


Experiment with moving smallscale-1mm at a time



Tight shoulders and a tight jaw are ways not to feel.

Dive below gross muscle movements to the fluidity of fascia



our connective tissues have more ability than muscle to sense and feel what's going on.

Fascia is a gateway to:



undoing and unravelling holding patterns

creating inner space around joints and organs



OOO!
YEH!

(which releases deep tensions and adhesions)



And for all that's been mentioned so far, apply it with great kindness to self and others



As Tara Brach so wisely says: "Once we have held ourselves in kindness, we can touch others in a vital + healing way."

If we've not found that sense of love, opening and safety in ourselves, subconsciously our students will pick up on this.

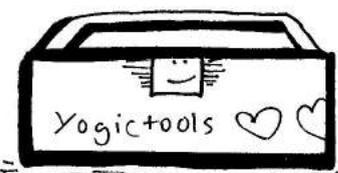


AHIMSA: WORK IN PROGRESS

Our job is to hold space where people can feel safe enough to slow down, drop in, feel, heal, unwind...



And what a privilege that is!



A deep thank you and 'namaste' to teachers Charlotte Watts and Leah Barnett for sharing their toolkit with us.