

YAMAS

Ahimsa

Dr. E Example: Someone cut me off. Instead of giving them the finger, I sent them love and good vibes. Practiced non-violence.

Class Examples:

- Non-harming. Not speaking bad on people. Not gossiping.
- Donated money to non-profit to end gun violence.
- Non-injury. Always respectful of yoga practice.
- Learning to be non-reactive.
- Not-harming. Becoming vegetarian.

Asteya

Definition: Not stealing, not feeling jealous

Opposite: Practice as generosity

Dr. E Example: Not taking things that aren't ours. Not stealing someone's work or plagiarism.

Stealing time and energy. Showing up late. Not taking resources. Buying too much at the grocery store (stealing from other people). Smile so big that someone will want to smile too. Not stealing my joy and really experience it.

Class Examples:

- Not letting my mood steal from someone else's joy. Important awareness practice.
- Not being late. Time management. For example, need double amount of time today. Not stealing time away.
- Giving credit where credit is due.
- I get free snacks at work and making sure I don't take more than I consume. People who take food home.
- Standing in line to order lunch and a person came in looking distressed and struggling mentally. He cut in front of everyone and stole all the money in the tip jar.

A couple in front of me tried to make a scene out of the situation and the manager came and everyone collectively decided not to make judgement. Guy in line was making a big deal about letting him go. Trying to explain that it's okay. Guy in line got upset about what he said about helping the guy even more. Sometimes you have to learn to let go. Generosity - Don't make that judgement. Some people need the level of awareness. Just let them be because you don't know what they're going through. This is Asteya - being generous and don't judge.

Satya

Definition: Practice of being honest in thought, speech, action. Practice of not lying or truthfulness. Is it being honest? Is it keeping your word? Is it telling the truth?

Dr. E Example: Keeping my word. If I tell you I'm going to do something, I'm going to do it.

Class Examples:

- Keeping my word. In LA, there's always something different going on all the time. If you promised to do something with someone, you need to keep your word and show up.
- Practice silence. Silence leads to truth of myself and it's a truthful practice.
- Used to struggle being emotionally vulnerable. When I was upset and people would ask me what's wrong I'd say I'm fine but I'm not fine. I'd be upset but people wouldn't know why so I try to be honest when I'm not feeling okay so I don't hurt people unintentionally.
- I am a mom and try to fix things. Have to learn to listen. Just because they're upset, doesn't mean I have to fix it. Satya is learning how to give space and to be present and listen. Satya as a presence and listening practice.

Brahmacharya

Definition: Godlike conduct. Proper behavior. Being mindful of energy. Self-restraint. Celibacy. Creating safe space for yourself. Being courteous to others creates a sense of balance with others. Not being involved romantically or sexually with coworkers. Conserving energy when you're sick. Taking care of yourself and creating space for yourself.

Dr. E Example: Be mindful of energy when teaching. Not going too fast for people. As a Dr. (patient-centered approach). As patient (client-centered approach). Show up for others.

Class Examples:

- Younger sister not good at studying. Helping with homework. I get frustrated so my practice of brahmacharya is to be there and help her and trying to be more patient.
- Silence. Ticket further into cleansing and fasting.
- Self-restraint in finances. Where you put your money. Form of agreeing to something when you pay for something and giving energy to something. Mindful of where we spend our money.
- Rest as a Brahmacharya practice. It's a necessity not a luxury. If I'm feeling tired, it's okay for me to rest and just sit on the couch and not feel guilty. Doesn't mean that I am being lazy. I just need a little recharging. It's safe for me and okay for me to rest. Dr. E add: You don't need to earn rest. If you need rest, you're allowed to take rest.
- Mindful replies to someone. If someone is talking to me, no need to immediately respond. Don't talk back or be rude. Treat them godlike using godlike conduct.

Aparigraha

Definition: More is not always better. Not being attached to wanting cool stuff. Not worrying about the future or clinging onto the past. Not competing with yourself or others on the yoga mat. Only buying products or clothes you actually mean to consume. Donating to charity. Complimenting others when they do a good job. Not doom-scrolling on social media.

Opposite: Living simply.

Dr. E Example: Non-clingy. Had to come up with new vision for class. Grateful that we're all here and gathered together but it didn't have to just be this or nothing. Wasn't clinging onto whether it had to be one way or another. TT example.

Class Examples:

- Non-coveting. Staying off social media. Not being distracted. Not buying things that aren't necessary.
- If I buy two trousers, I donate three trousers I already own. My attachment to things has changed. Practice aparigraha by holding onto less. It's important to donate more than you are buying.
- Accepting outcomes as they are.

- When I left my job, I had to get rid of everything. Have to make peace with books and leave everything. Leaving a job as an aparigraha is like letting go of an identity. Dr. E example: Everything burned. Letting it go. It's a practice.

NIYAMAS

Saucha

Definition: Practice of purity or cleanliness. Examples: Cleaning your room. Eating more fruits and veggies and less processed foods. Saying prayer and grace to food. Coming to class or work professionally. Personal hygiene. Sleep hygiene.

Dr. E Example: Morning meditation at the beach. Cleans the day for me. Starts the day off in a pure and clean way and everything layers on top of that. Great days when I do that practice.

Class Examples:

- At night, I sit at night and clean myself by letting go of things that are bothering me. Dr. E Example: Did you have a bad day or did you have a bad 5 minutes during the day? Couldn't let go of it or purify of it.
- Shakespeare quote. Energy we put into motion. In terms of cleansing concept, it's allowing everything to come to you and keeping the good but discarding the rest.
- Eating less processed foods.

Santosha

Definition: Practice of contentment & acceptance. Letting go of things that are intrusive. Feelings of satisfaction. Being content with yourself and who you are. Actively listening to others. Feeling satisfied with yourself after a hard day knowing you did your best. Being content with what you have and realize there's nothing lacking.

Dr. E Example: Accepting of what is. Want things to be done in a particular way. Had to let go and accept that we understand what the situation is (context: Yoga TT).

Class Examples:

- Rock-climbing. A lot of different routes you can go up. Sometimes, I see a way and it's not the right way so I have to let go and go another way. Accept that I can't go that way and let go.

- Accepting what is vs what you want. Seeing reality for what it is and accepting it with a glad heart.
- When I go on walks in the morning, I always say “good morning” to people who pass by. The more I do that, the more it changes the day. Not as satisfying when I don’t do that.

Tapas

Definition: Self-discipline, austerity, self-motivation, learning new things, and overcoming challenges that brings about a transformative heat in the body. Performing Ujjayi breathing or trying something new that you’ve always wanted to try. Having a disability is a form of life tapas.

Dr. E Example: (1) Wanted to try breakdancing. Not I can break and do some bboy stuff. (2) Would do a lot of fasting. (3) Spend one day a month being silent. Teaches you how to communicate without using your voice.

Class Examples:

- Learning how to become a yoga teacher. Taking teacher training.
- Being kind to people who are mean to you. Some Satya in this too. If you can hold to the truth of being kind in these moments. You don’t take that and reinforce it on someone else.
- Having a universal code of ethics in terms of self-discipline when you approach this program or anything in your life. The more you offer, the more you gain. Sometimes it’s what you bring to the table. Ethics is a tapas practice.

Svadyaya

Definition: Self-study, self-inquiry, self-reflection. Example: Gratitude journal. How you meditate. How you treat others. How do you treat people when you have nothing to gain from them. Notice your performance on your yoga mat. Time management as a different practice but can be a Svadyaya practice. Learning about yourself. Role in context of life and relationships. Any kind of therapy is a Svadyaya practice. Treat it like a yoga practice.

Dr. E Example: Gratitude practice.

Class Examples:

- Studied psychology in college and now looking back, I take personality tests to learn more about myself and self-analysis. Reflecting on how I am and how I react to situations.
- Asking ChatGPT if my response was good to a scenario.
- Journaling through yoga practice. Makes you stop and self-reflect and stay with yourself for a while.

Isvara Pranidhana

Definition: Placing the Lord in front. Keeping one's highest spiritual ideal in the foreground of one's attention. Example: Being of service to others. Feeding the homeless. Bowing practice. Devoting extra time to spiritual practice. Feeling reverence and appreciation to people who helped you become who you are.

Dr. E Example: Bowing practice. Bowing to everyone he met (subtly). Was a writer for a long time. We become a vessel for the divine world.

Class Examples:

- Go to Lake Shrine. Sit in chapel for moment of devotion and recognizing there's something bigger. Going to spiritual place.
- Japanese Tea Ceremonies. When I bow down in front of scroll. Scroll saying: every day is a good day. Connection to myself and the true nature.
- Cacao(?) Ceremonies. I feel like I'm having a revelation/revolution and I'm being propelled towards directions. In Yoga, it's one chapter. Last year, I started taking sculptor and I had a volcanic eruption and sometimes it's challenging to understand what's going on. With my hands, I'm doing something with clay. I take it as an offering and spiritual experience to a higher level. The creative outlet to say thank you. All art comes from Isvara Pranidhana.
- Taking the time to really honor and help mother. There are things that need to be done. Devoting my time to helping my son with college applications. Honoring and taking time out for former college professors who are aging. Recently had lunch with 87-year old professor. Taking time to honor people and support them. If you're taking care of your mother, you're honoring your womb (?).