



Rejuvenating Our Nervous System

Autonomic Nervous System

The branch of our nervous system which controls unconscious bodily functions ie it "does what needs to be done" without any input from us.

Consists of sympathetic and parasympathetic branches.

Sympathetic

Controls stress response ie fight or flight

- Increase blood flow to the muscles
 - Increases heart rate
- Slows down digestion
- Releases adrenaline and cortisol
- Increases alertness / hyper-vigilance

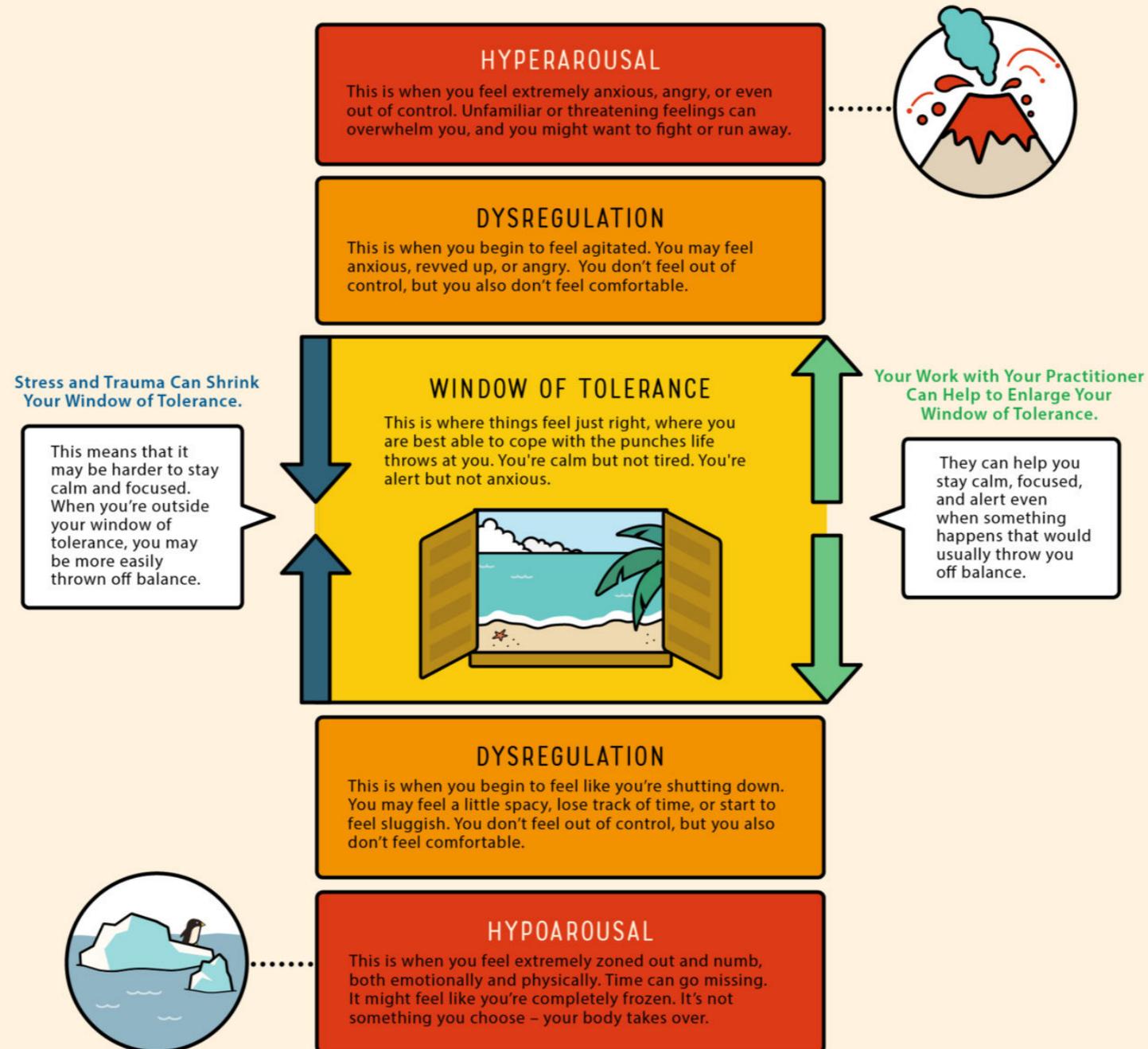
Parasympathetic

Controls relaxation response ie rest and digest

- Relaxes muscles
- Decreases heart rate
- Stimulates digestion
- Restores body to state of calm
- Allows for balance and homeostasis

Window of Tolerance

How Trauma Can Affect Your Window of Tolerance



Downregulating Practices

PERHAPS:

- Slow diaphragmatic breathing focusing on the exhale
 - Slow grounding movements
 - Forward folds
 - Yoga Nidra
 - Longer, passive holds
 - Sun breaths
 - Gentle inversions

Upregulating Practices

PERHAPS:

- Deep breathing focusing on the inhale
- Sun Salutations and flowing movements
 - Backbends
- Breath of Joy and Kapalbhathi (breath of fire)
 - Arm balances
 - Strong inversions
 - Holding the breath in or out



Reconnection

Lost Connections by Johann Hari

"You aren't a machine with broken parts. You are an animal whose needs are not being met. You need to have a community. You need to have meaningful values, not the junk values you've been pumped full of all your life, telling you happiness comes through money and buying objects. You need to have meaningful work. You need the natural world. You need to feel you are respected. You need a secure future. You need connections to all these things. You need to release any shame you might feel for having been mistreated." – Johann Hari

Disconnection One:

From Meaningful Work

Disconnection Two:

From Other People

Disconnection Three:

From Meaningful Values

Disconnection Four:

From Childhood Trauma

Disconnection Five:

From Status and Respect

Disconnection Six:

From The Natural World

Disconnection Seven:

From a Hopeful and
Secure Future

Reading:

The Comfortable Life Is Killing You



billabong
RETREAT

Purushartha

A concept from Vedic philosophy outlining the four aims of our life / desires of our soul.

The four aims are:

- Dharma – finding meaning and purpose
- Artha – the means to fulfil that purpose
 - Kama – pleasure and enjoyment
 - Moksha – freedom / liberation

Dharma

- Often translated to “the way” or “path”
- The desire to be who you are meant to be and find your purpose
 - Realising everything that you are capable of
 - Sometimes that means following your curiosity rather than needing to ‘know’ right now

“(dharma is) the inner longing, known or unknown, of every individual to add his or her unique luster to the gem of creation” – Rod Stryker

Artha

- The desire for the means to fulfil your purpose
- Includes the need for food, money, health, values, capacity to endure judgement, courage, skills and tools or spiritual practice
- Sometimes coping and surviving takes priority over purpose and passion

Imagine if you were waking up each morning feeling love, compassion and energy? What would your life look like? What would your relationships be like?

Practice Toolbox

chanting

study

visualisation

mantra

pranayama (breathe)

meditation

journaling

poses

counting

gazing

intention

Tips

- Set an alarm / put a reminder in your calendar / visual reminder
- Make a space!
- Utilise apps like Insight Timer and Headspace
- Begin still and end still
- Set a realistic commitment
- Consider the practice you need based on age, lifestyle and time of life

Kama

- The desire for enjoyment and pleasure
- Enjoyment in service of our purpose rather than gluttony and overindulgence
- You may find pleasure in art, relationships, kindness, beauty, singing, creativity
 - Experiencing the richness of life
 - Pleasure of accomplishment

“Enjoyment is an incredible energiser to the human spirit” – John C Maxwell

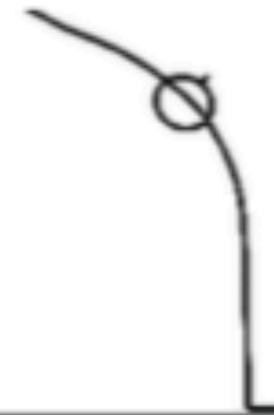
Moksha

- The desire for freedom and liberation
- Desire to explore and experience a boundless state
- Desire for freedom from the burdens of the world
- Have you experienced this through meditation practice?

“True freedom is to be free from the desire to be free from anything” - Adyashanti

Seven Minute Daily Yoga Practice " A Moving Pranayama"

Breath leads all movements, breath through nose but feeling breath at throat



x4

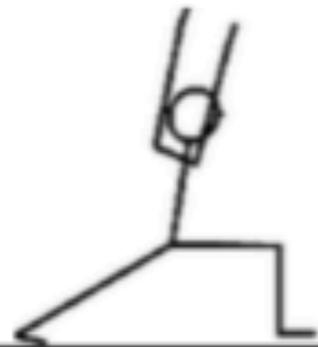
Inhale raise arms

Exhale lower arms

x4

Inhale raise arms

Exhale bend forward



x4

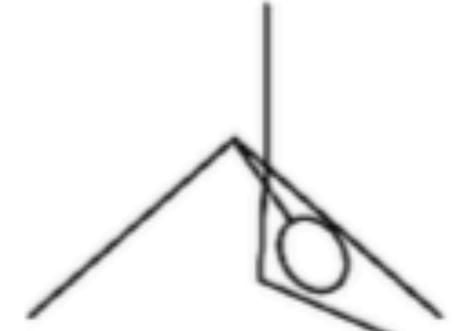
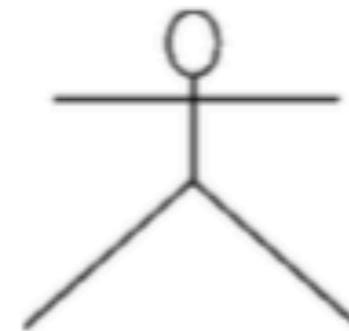
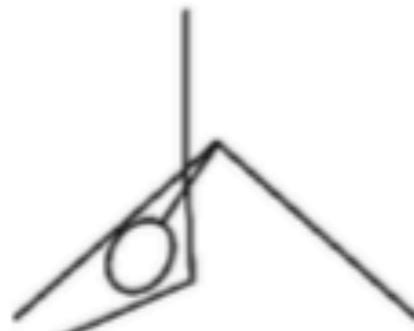
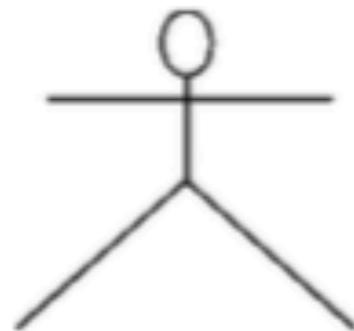
Inhale raise arms

Exhale forward

x4

Swap legs inhale raise

Exhale bend forward



x4

Arms & legs wide

Exhale twist

Inhale up

Exhale other side



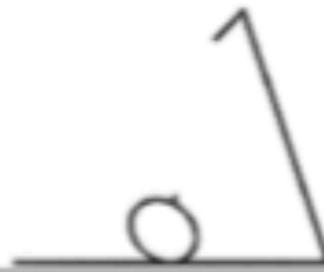
x4

Inhale look up in cat

Exhale child pose

Inhale cobra – use abs

Exhale down dog



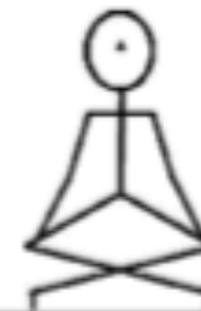
x4

Hands knees, knees chest

Inhale legs up

Exhale hands knees
knees chest

Inhale raise hips



x4 rounds alternate nostril
breathing 'Nadi Shodhana

x4 "Sur yar.. yar namaha"
(welcomes the sun)

Sit totally still for 3 minutes – observe, repeat mantra
silently I on inhale, Am on exhale

Movies and Podcasts

MOVIES (all documentaries)

- Happy the film
- Heal (Netflix)
- The Connection
 - Embrace
 - I Am
- The Call to Courage by Brene Brown (Netflix)

PODCASTS

- Oprah Super Soul Conversations
 - Russell Brand

Mexican Fisherman Fable

<https://bemorewithless.com/the-story-of-the-mexican-fisherman/>

Quote re Make the most of life

<https://www.facebook.com/pg/WildWomanSisterhood/posts/>

"The Mighty Oak Tree" by Johnny Ray Ryder Jnr

A mighty wind blew night and day
It stole the oak tree's leaves away
Then snapped its boughs and pulled its bark
Until the oak was tired and stark

But still the oak tree held its ground
While other trees fell all around
The weary wind gave up and spoke.
How can you still be standing Oak?

The oak tree said, I know that you
Can break each branch of mine in two
Carry every leaf away
Shake my limbs, and make me sway

But I have roots stretched in the earth
Growing stronger since my birth
You'll never touch them, for you see
They are the deepest part of me

Until today, I wasn't sure
Of just how much I could endure
But now I've found, with thanks to you
I'm stronger than I ever knew

"The Guesthouse" by Rumi

- * This being human is a guest house.
Every morning a new arrival.
- * A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
- * Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.
- * The dark thought, the shame, the malice.
meet them at the door laughing and invite them
in.
- * Be grateful for whatever comes.
because each has been sent
as a guide from beyond.

"Today I Asked My Body..." by Hollie Holden

Today I asked my body what she needed,
Which is a big deal
Considering my journey of
Not Really Asking That Much.

I thought she might need more water.
Or protein.
Or greens.
Or yoga.
Or supplements.
Or movement.

But as I stood in the shower
Reflecting on her stretch marks,
Her roundness where I would like flatness,
Her softness where I would like firmness,
All those conditioned wishes
That form a bundle of
Never-Quite-Right-Ness,
She whispered very gently:

Could you just love me like this?

Miscellaneous

"Gentleness is stronger than severity, water is stronger than rock, love is stronger than force." – Hermann Hesse

* "Beneath the thoughts and feelings
you have worn on your shoulders for so long,
there is the real you,
who is worthy of freedom
from what darkness said you would be
for you are more than what you feel,
you are more than what you think,
and yes, these things do matter,
but they do not mean everything
there is still this open space
deep within endless grace
to let those old things go
and start all over again."
– Morgan Harper Nichols

"Yoga is an opening into what we cannot possibly know, explain or define and giving ourselves to this mystery unreservedly even though we have no idea where it will lead us. It is an awakening to the intensity of life when we drop ur guard with the full knowledge that to love also opens us to sorrow and loss." – Donna Farhi

“Allow” by Danna Faulds

- * There is no controlling life. Try corralling a lightning bolt, containing a tornado. Dam a stream and it will create a new channel. Resist, and the tide will sweep you off your feet. Allow, and grace will carry you to higher ground. The only safety lies in letting it all in – the wild and the weak; fear, fantasies, failures and success. When loss rips off the doors of the heart, or sadness veils your vision with despair, practice becomes simply bearing the truth. In the choice to let go of your known way of being, the whole world is revealed to your new eyes.

Home by Rolf Gates

- * We are far now from home, and weary from our travels. The sun is setting and there is no destination in sight. Yoga is a lamp lit in the window of our home, dimly glimpsed across the spiritual wilderness in which we wander. At a time when we could not feel further from our home, yoga reminds us that we are already there, that we need simply awaken from our dream of separation, our dream of imperfection. Allow this ... to awaken you, to be a light that shines in the darkness, guiding you through your days, pointing you home.

Stay in Touch:

- * Instagram: @kirstywrightyoga
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