

## Schedule for “Naptime for Yogis”

1/24/16 Welcome: What is the experience of welcoming and being welcome, well-come, ie. It is good that you are here, or my presence is appreciated.

1/31/16 Comfort: “welcome, make yourself comfortable” We will explore physical comfort and the urge to settle for less comfort than is available or the self-defeating quest for more than is available. We will look at the comfort of familiar pain and the comfort of minimum physical strain.

2/7/16 Intention: How is intention organized? The move from “I want” to “I will”. Welcome, how can I help you. Expressing your intention to help yourself carry out your intention and gain what you are seeking from this practice today.

2/14/16 Valentines Day. No class

2/21/16 Desire: Most of what we think we want is a means to an end. By exploring the imagined outcome of having what we want we can gain some insight into who we truly want to be. By declaring ourselves to be this person we practice embodying our highest potential. “welcome, I see you” Seeing and acknowledging yourself as the best You you can imagine.

2/28/16 Safety: We will work on developing and anchoring an “inner resource” a person, place, or being we can call up as an image, and feel grounded and safe. Welcome, you are safe here.

3/6/16 Body Awareness: do you notice your body? Are you aware of the changing sensations of your body. Can you notice without creating or changing these sensations.

3/13/16 Breath/pulse: noticing the most basic survival functions of the body, movement to exchange what is not needed for what is needed. Noticing the ability to alter this pattern and the effect these alterations have on our experience in the world.

3/20/16 Emotion: “Emotion is the sensation of a discreet organ system that has generalized to surrounding tissue” (Keleman) We will explore the tactile (surface touch), interoceptive (inside the body) and proprioceptive (awareness of body position in space) and how they come together to be experienced as emotion.

3/27/16 Thought: We will explore our beliefs about ourselves and the world we live in. How these thoughts/beliefs are based on past experience, trust in authority, and need for predictability.

4/3/16 Joy: Joy, PLAY, is one of seven unlearned emotions in mammals. The ability to maintain PLAY into adulthood has been thought to be as important as opposable thumbs and upright posture in human success as a species. We will examine both exuberant and quiet experiences of joy.

4/10/16 Awareness: Some awareness of environment is common to all animals, and some plants. The awareness of self, self-consciousness, appears to be present in some mammals, Awareness of our

awareness may be exclusively human. By shifting our image of self from doing, to being, to simple awareness, we can step back from our lives and observe them, bringing more clarity to the choices we make.

4/17/16 Reentry: In life it is often useful to shift our sense of self to match the situation and task. In one day you might transition between the roles of worker, parent, spouse, child, and friend. Learning to make smooth transitions allows you to be fully present in your role without taking any role too seriously. Even the role of spiritual seeker/being is one we can take on and set down. We will practice the process of transition. The non-attachment comes with much practice.