



SOUL SANCTUARY

YTT 200: Live Call 1

Introduction with Laura Clayton



Lay of the land

Objective: Introduce you to the training and each other, learn fundamentals

Introduction

- Welcome
- Group Agreement
- Introductions

Fundamentals

- The 8 limbs of Yoga
- Meditation
- The Stress Process
- Asana
- The Sequence
- The learning process



Introduction



My Story & Purpose



Group Agreement



Group Agreement



What's your name & where'd ya come from?
And... Why are you doing YTT?





Fundamentals



How yoga works - 8 limbs of yoga

Ashtanga

Ash (8)

tanga (limbs)

'8 Limbed path to enlightenment'

1. Yamas - Don'ts
2. Niyamas - Do's
3. Asana - Seats
4. Pranayama - Breath control
5. Pratyahara - Sense withdrawal
6. Dharana - Concentration
7. Dyhana - Reflecting
8. Samadhi - Oneness

Ethics

Poses

Breath

Meditation



Meditation



How yoga works - 8 limbs of yoga

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- 8. Samadhi - Oneness**

Meditation



How yoga works - 8 limbs of yoga

- 1. Pratyahara - Sense withdrawal**
- 2. Dharana - Concentration**
- 3. Dyhana - Reflecting**
- 4. Samadhi - Oneness**



Mental Stress

THE UNTRAINED MIND
DOESN'T DO WHAT
WE WANT



Mental Stress

PAST



DEPRESSION

FUTURE



ANXIETY

PRESENT



PEACE

Mental Stress

Meditation - exercise for the brain...





How yoga works - 8 limbs of yoga

- 1. Pratyahara - Sense withdrawal**
- 2. Dharana - Concentration**
- 3. Dyhana - Reflecting**
- 4. Samadhi - Oneness**



How yoga works – 8 limbs of yoga

Where did your mind go?



The Stress Process



Mental Stress

BUT WHY?

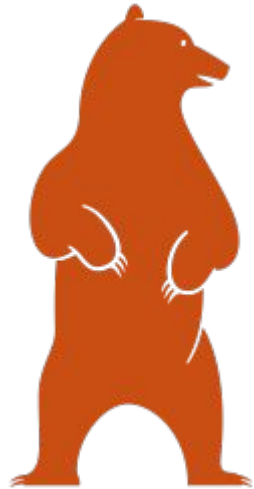
SURVIVAL...

THE MIND LOOKS FOR
DANGER TO HELP KEEP US
SAFE



Mental Stress

Brain looks
for danger to
keep you safe



Adrenaline &
Cortisol
flood the
body



FIGHT
FLIGHT
FREEZE





Subconscious Pattern





Mental Stress

**It all comes from a fear of
not feeling loved or
'good enough'
in some way...**



Mental Stress

STRESS IS AN ACHIEVERS WORD FOR

FEAR



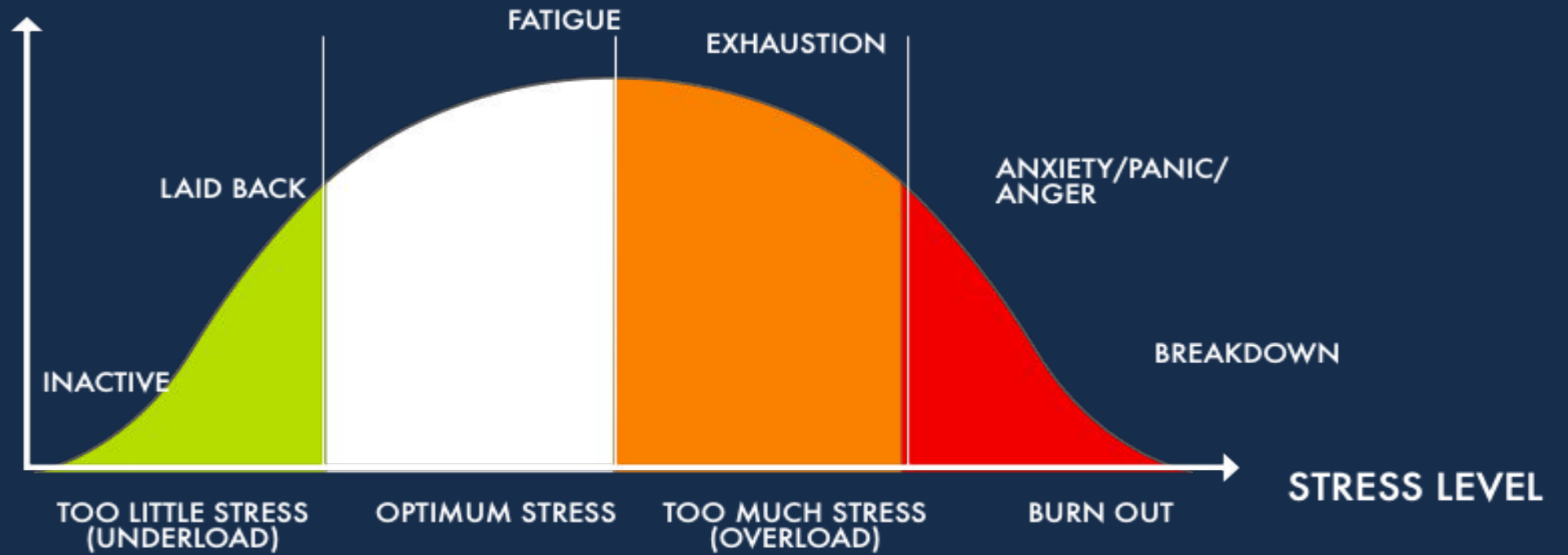
Mental Stress

Threat



Challenge

The Yerkes-Dodson Law



Mental Stress

Meditation - exercise for the brain...



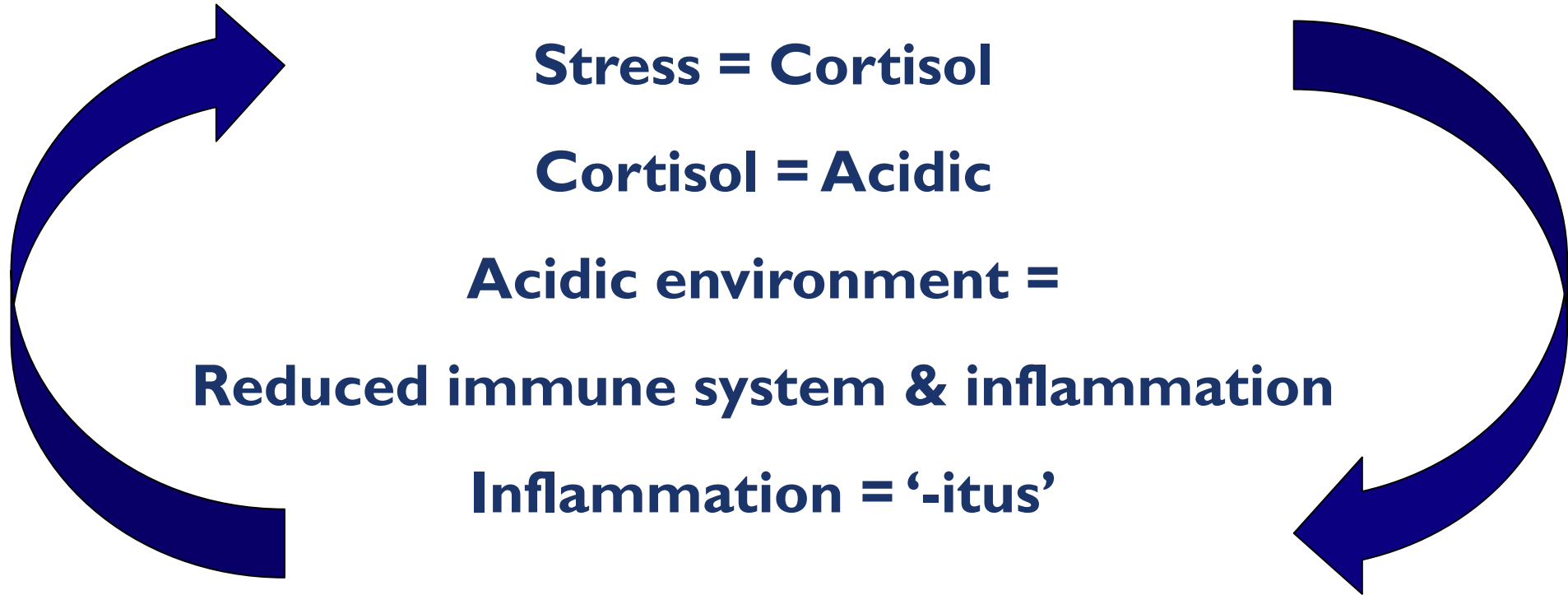


Mental Stress

IF WE DIDN'T EXERCISE THE BODY,
IT WOULD **DISEASE**

IF WE DON'T EXERCISE THE MIND,
THE SAME THING HAPPENS

Physical Stress





Physical Stress

Stress our
mind all day
in the office





Physical Stress

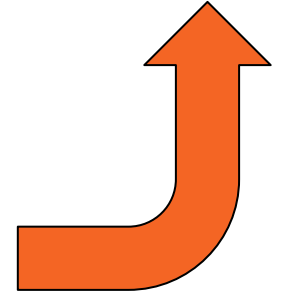
Stress our body
after in the gym



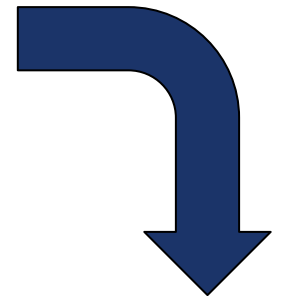


Physical Stress

High intensity exercise **INCREASES CORTISOL**

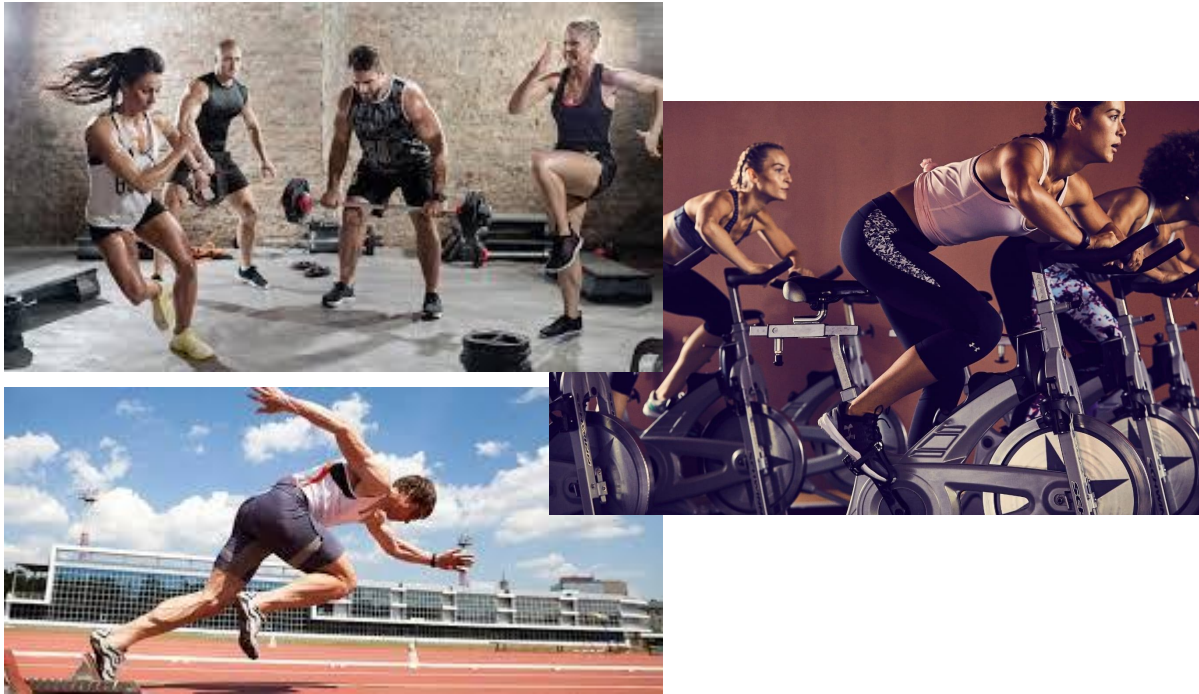


Low intensity exercise **DECREASES CORTISOL**



Physical Stress

HIGH INTENSITY



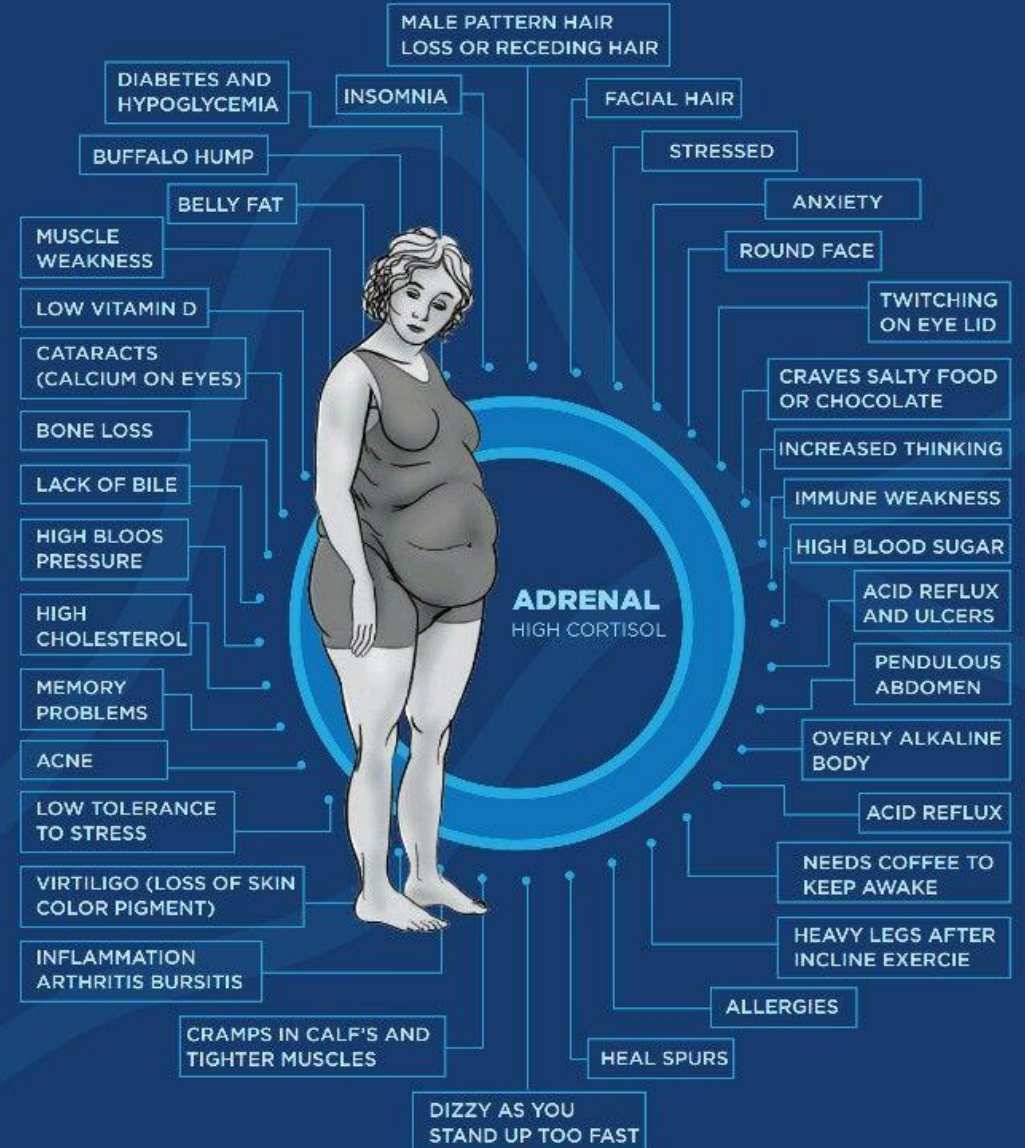
LOW INTENSITY





Increased cortisol leads to increase fat store

THE EFFECTS OF HIGH CORTISOL





Physical Stress

What's the adversity to low intensity exercise?

Weight gain? 80% is diet.

So then why do we eat what we eat? Energy? Comfort?

'What are you really hungry for?'



“The body experiences disease, as a consequence of the person being in dis-ease, or out of balance chemically, which can be caused through an emotional or physical process.”

Peter Crone



Frequency; The science behind health & emotion

How can we change our frequency

- **Movement**
- **Meditation**
- **Sound**
- **Sleep**





Asana



How yoga works - 8 limbs of yoga

Ashtanga

Ash (8)

tanga (limbs)

'8 Limbed path to enlightenment'

1. Yamas - Don'ts
2. Niyamas - Do's
- 3. Asana - Pose 'seats' -> Sequence**
4. Pranayama - Breath control
5. Pratyahara - Sense withdrawal
6. Dharana - Concentration
7. Dyhana - Reflecting
8. Samadhi - Oneness



Our Sequence

Sequence

Integration
Childs pose
Table top
Cat Cows
Lower to mat
Up dog
Down dog
Bend your knees
Step / float forwards
Ragdoll
Mountain
Hands to heart centre
Om

Sun A
Mountain
Forward fold
Halfway lift
Chaturanga
Up dog
Down dog
Bend your knees
Step / float forwards
Halfway lift
Forward fold

Sun B
Chair>>
Forward fold
Halfway lift
Chaturanga
Up dog
Down dog
3-Legged dog (right/left)>
Warrior I
Chaturanga
Up dog
Down dog
Repeat^
Bend your knees
Step / float forwards
Halfway lift
Forward fold
Repeat^
Chair
Forward fold
Halfway lift
Chaturanga
Up dog
Down dog

Side Angles
3-Legged dog (right/left) >
Warrior I
Warrior II
Reverse warrior
Side angle
Extended side angle
Chaturanga
Up dog
Down dog
Repeat^

Twists
Bend your knees
Step / float forwards
Halfway lift
Forward fold
Chair, hands to heart centre
Chair twist (right/left)>
Side crow
Chair twist
Bound forward fold / Gorilla
Repeat ^ left with Gorilla

Chaturanga
Up dog
Down dog
3-Legged dog (right/left)>
Crescent lunge
Hands to heart centre
Crescent lunge twist
Repeat^
Chaturanga
Up dog
Down dog
Step / float forwards
Halfway lift
Crow / Yogi squat
Chaturanga / Shoot back
Up dog
Down dog
Step / float forwards
Halfway lift
Forward Fold

Balances
Mountain
Hands to heart centre
Tree right & left
Eagle (right/left) >
Leg raise
Airplane (Warrior III)
Halfmoon
Repeat^
Mountain
Dancer right & left

Triangles
Mountain
Forward fold
Halfway lift
Chaturanga
Up dog
Down dog
3-Legged dog (right/left)>
Warrior I
Warrior II
Triangle
Wide leg, side facing, forward fold
Front facing forward fold
Twisted triangle
Chaturanga
Up dog
Down dog
Repeat^

Backbends
3-Legged dog (right/left)
Up dog
Side plank
Chaturanga
Up dog
Down dog
Repeat ^ / lower to mat
Locust x 2
Bow x 2
Up dog
Camel
Childs pose
Down dog

Hip Openers
3-Legged dog (right/left)>
Half pigeon (right/left)
Down dog
Repeat^
Double pigeon right & left
Frog
Table top
Dolphin
Headstand (optional)
Down dog
Step/jump through

Core
Boat
Leg lifts
90/60/30
Bicycles

Forward Folds
Single seated leg extension right & left
Seated forward fold

Heart Openers
Reverse table top
Fish
Ragdoll
Repeat^
Bridge
Wheel

Inversions
Happy baby
Viparita
Shoulder stand
Plough/Deaf man's pose

Rest
Sleeping baby
Supine twist right & left
Savasana

1. Breath
2. Pose
3. P2P
4. TNA
5. Share
6. Voice volume
7. ENERGY!

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Integration - Come out of thinking and into feeling

Sun A - Warm up

Sun B - Grounding and strength

Side Angles - Open the body

Twists - Detox

Balances - Balance body and mind

Triangles - Alignment

Backbends - Create energy

Hip openers - Release emotion

Core - Core strength

Forward Folds - Turn inwards

Heart openers- Open our heart physically and emotionally

Inversions - New perspective and clear mind

Rest - What we need most in our culture



The Teaching Process



How do we teach all of this in 1 yoga class?

Ashtanga

Ash (8)

tanga (limbs)

*'8 Limbed path to
enlightenment'*

1. Yamas - Don'ts
2. Niyamas - Do's
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How the teaching steps work

1. Yamas - Don'ts
2. Niyamas - Do's
3. Asana - Seats
4. Pranayama - Breath control
5. Pratyahara - Sense withdrawal
6. Dharana - Concentration
7. Dyhana - Reflecting
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1. Breath
2. Pose
3. **P2P - Point to Point**
4. **TNA - True North Alignment**
5. Share - Connect
6. Voice Volume
7. Energy



Our teaching steps

Sequence

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Lower to mat
Up dog
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Mountain
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Forward fold

Sun B

Chair->
Forward fold
Halfway lift
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Up dog
Down dog
3-Legged dog (right/left)>
Warrior I
Chaturanga
Up dog
Down dog
Repeat^

Bend your knees
Step / float forwards
Halfway lift
Forward fold
Repeat^
Chair
Forward fold
Halfway lift
Chaturanga
Up dog
Down dog

Side Angles

3-Legged dog (right/left) >
Warrior I
Warrior II
Reverse warrior
Side angle
Extended side angle
Chaturanga
Up dog
Down dog
Repeat^

Twists

Bend your knees
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Up dog
Down dog
Step / float forwards
Forward fold

Balances

Mountain
Hands to heart centre
Tree right & left
Eagle (right/left) >
Leg raise
Airplane (Warrior III)
Half moon
Repeat^
Mountain
Dancer right & left

Triangles

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Forward fold
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Twisted triangle
Chaturanga
Up dog
Down dog
Repeat^

Backbends

3-Legged dog (right/left)
Flip dog
Side plank
Chaturanga
Up dog
Down dog
Repeat^ / lower to mat
Locust x 2
Bow x 2
Up dog
Camel
Childs pose
Down dog

Hip Openers

3-Legged dog (right/left)>
Half pigeon (right/left)
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Repeat^
Double pigeon right & left
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Fish
Ragdoll
Repeat^
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Wheel

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Happy baby
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Rest

Sleeping baby
Supine twist right & left
Savasana

1. Breath
2. Pose
3. P2P
4. TNA
5. Share
6. VOICE volume
7. ENERGY!

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1. Breath
2. Pose
3. P2P - Point to Point
4. TNA - True North Alignment
5. Share - Connect
6. Voice Volume
7. Energy





TNA & P2P

True North Alignment

1. Ground down like EARTH

FEET

Both feet face 12 o'clock
Ground down the 4 corners of your feet
Stretch your toes out on the mat

LEGS

Inner ankles back, outer ankles down
Outer shins in
From the skin to the muscle to the bone, hug in



2. Flow like WATER

Soften your joints
Keep your pelvis neutral;
Lift the front of your pelvis as your tailbone descends



3. Build an inner FIRE

From the skin to the muscle to the bone, hug in
Pull the pit of your belly in and up
Draw your front ribs together, expand your mid-back
Expand from the inside out



4. Soften like AIR

Thoracic spine draws in;
Upper arm bones back
Shoulder blades move towards your spine & press into your body
Expand from the inside out



5. Create SPACE for something new

Draw in to create full expression out!



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Point to Point

Action

Lift
Step
Place
Reach

YOUR...
Body Part

Right / Left
Leg
Foot
Arm

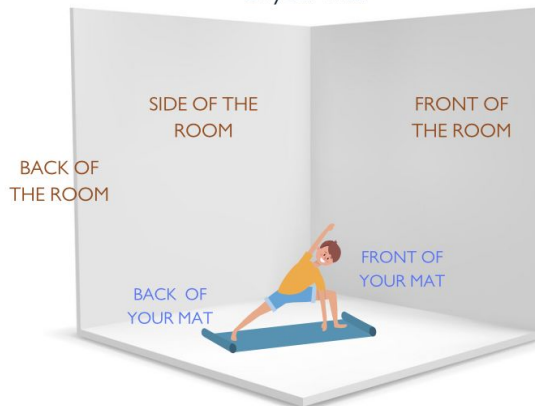
"Inhale, updog, lift your heart to the ceiling,
shoulder blades move towards your spine
and press into your body,
open your heart..."

TO THE...
Point

Front / Back
Left / Right
Of the room
Of your mat

Script

Breath
Pose
P2P
TNA
Share



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1. Breath
2. Pose
3. P2P - Point to Point
4. TNA - True North Alignment
5. Share - Connect
6. Voice Volume
7. Energy



Example teaching phrase

1. Breath
2. Pose
3. P2P - Point to Point
4. TNA - True North Alignment
5. Share - Connect
6. Voice Volume
7. Energy

Exhale

Downward Dog, Ardho Mukha Savasana

Lift your hips to the sky

Pull the pit of your belly in and up

For me downdog feels like coming home



Order of learning

Order of learning

Order of saying

Example statement

Stage 1 / Month 1

1. Breath
2. Pose

Exhale

'Bare Bones'

Downward Dog, Ardo Mukha Savasana

Stage 3 / Month 3

3. P2P - Point to Point

Lift your hips to the sky

Stage 2 / Month 2

4. TNA - True North Alignment

Pull the pit of your belly in and up

Stage 4 / Month 4

5. Share - Connect

For me downdog feels like coming home

Sanskrit stage 1 / 5

6. Voice Volume

7. Energy



Your Next Steps



Your Next Steps

1. Complete all content in Introduction before our next call Thursday 27th 19.00 - 21.00
2. Have any questions ready to ask
3. Familiarise yourself with TNA as we will be exploring it on that call
4. Practice as many Extra Classes as you can to help you learn the sequence and language
5. Begin to learn the sequence, Integration - Side angles
6. Be ready to practice, I will be teaching you a live online yoga class, your sequence
7. Be ready to teach Integration to side angles bare bones to each other :)

ENJOY, GET MESSY, HAVE FUN!



SOUL SANCTUARY

Thank you!

True North Alignment

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Pull the pit of your belly in and up

Draw your front ribs together, expand your mid-back

Expand from the inside out



4. Soften like **AIR**

Thoracic spine draws in;

Upper arm bones back

Shoulder blades move towards your spine & press into your body

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5. Create **SPACE** for something new

Draw in to create full expression out!

