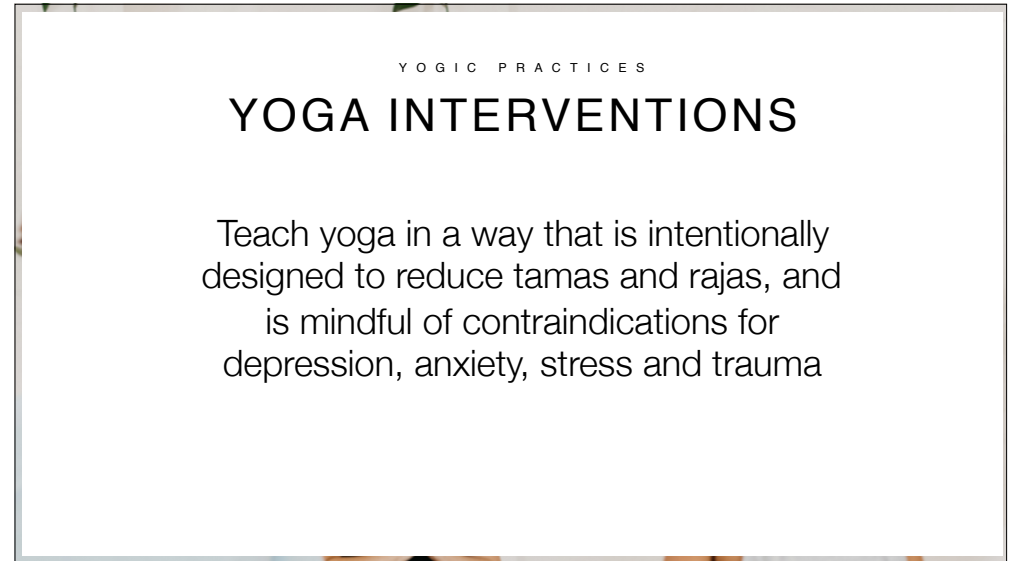




YOGIC PRACTICES

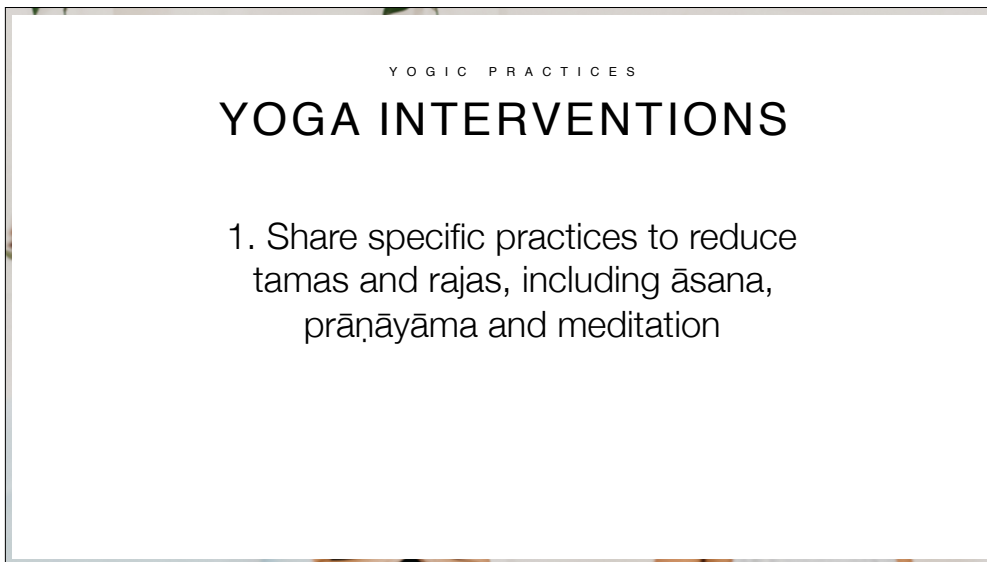
YOGA INTERVENTIONS



YOGIC PRACTICES

YOGA INTERVENTIONS

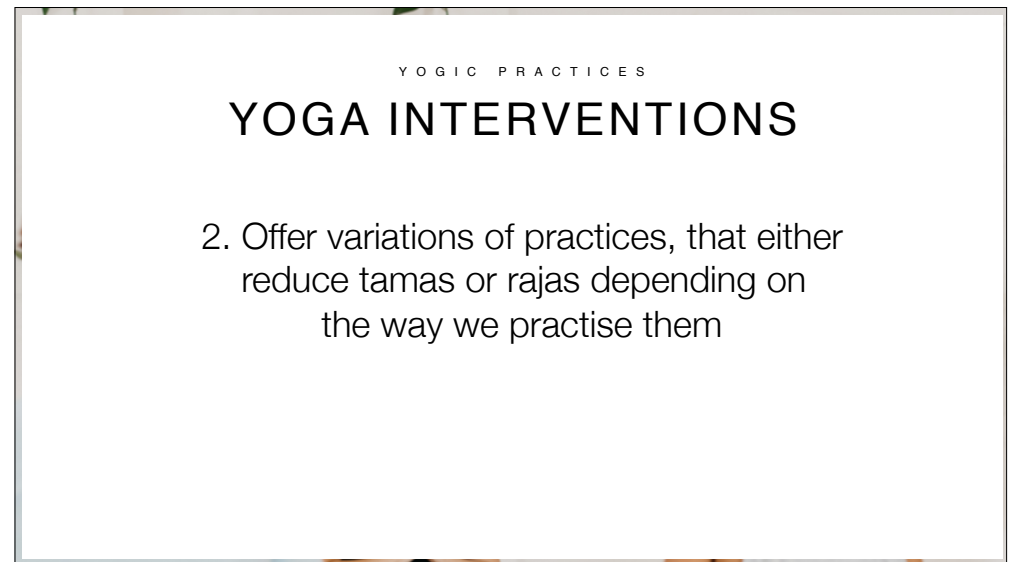
Teach yoga in a way that is intentionally designed to reduce tamas and rajas, and is mindful of contraindications for depression, anxiety, stress and trauma



YOGIC PRACTICES

YOGA INTERVENTIONS

1. Share specific practices to reduce tamas and rajas, including āsana, prāṇāyāma and meditation



YOGIC PRACTICES

YOGA INTERVENTIONS

2. Offer variations of practices, that either reduce tamas or rajas depending on the way we practise them

YOGIC PRACTICES

YOGA INTERVENTIONS

3. Let students know the potential benefits of the practices, and encourage them to use the practices outside class to self-regulate

YOGIC PRACTICES

YOGA INTERVENTIONS

4. Avoid or provide psychoeducation about practices that have the potential to be triggering or imbalancing for students

YOGIC PRACTICES

YOGA INTERVENTIONS

Giving our students the tools to self-regulate can be incredibly empowering, and can promote self-efficacy

YOGIC PRACTICES

YOGA INTERVENTIONS

Only discuss *possible* or *potential* benefits and invite students to try it out for themselves

YOGIC PRACTICES

YOGA INTERVENTIONS

Practices to reduce rajas
Practices to reduce tamas
Practices to reduce rajas and tamas

YOGIC PRACTICES

YOGA INTERVENTIONS

Contraindications and precautions for
individuals experiencing depression,
anxiety, stress and trauma

T H A N K Y O U

