

SAMPLE CLASS HANDOUT
DEVELOPED BY ERIKA FRYKLEPAK, RYT 500,
WITH THE AID OF DEBORAH ADELE'S BOOK, *THE YAMAS & NIYAMAS*

Yamas & Niyamas on the Mat Ahimsa/Nonviolence

Killing and doing physical harm are grosser forms of violence that are easily seen and understood. When we feel hurried, afraid, powerless, out of balance, and harsh with ourselves, we may find ourselves speaking words of unkindness or even exploding with a violent outburst. As our awareness of these nuances grows, we learn that our ability to be nonviolent to others is directly related to our ability to be nonviolent within ourselves.
-Deborah Adele

Shall we make a new rule of life from tonight: always try to be a little kinder than is necessary? - J.M. Barrie

Peace comes from within. Do not seek it without. -Buddha

Nonviolence means avoiding not only external physical violence but also internal violence of spirit. You not only refuse to shoot a man, but you refuse to hate him. -Martin Luther King, Jr.

If you want others to be happy, practice compassion. If you want to be happy, practice compassion. -The Dalai Lama

Non-violence is the greatest force at the disposal of mankind. It is mightier than the mightiest weapon of destruction devised by the ingenuity of man. -Gandhi

The creation of a more peaceful and happier society has to begin from the level of the individual, and from there it can expand to one's family, to one's neighborhood, to one's community and so on. -Dalai Lama

You must realize that throughout this process [of learning yoga] you are a self-effulgent soul, perfect in every way, incomprehensibly beautiful ...always keep in mind your here and now perfection, already-done perfection. You don't have to do a thing about it other than learn how to live with it, and manifest it in your daily life. These yamas & niyamas can adjust the outside view to the beautiful self-effulgent shining inner you. -Sivaya Subramuniaswami from Yoga's Forgotten Foundation

**Home practices for the week. Choose one that speaks to you.
You will have a chance to share your learnings next week with the class.**

SELF-LOVE: For this whole week, pretend you are complete. There is no need to expect anything from yourself or to criticize or judge or change anything about you. No need to compete with anyone, no need to be more than you are (or less than you are). Note your experience. Notice how much pleasure, kindness, and patience you can allow yourself to have with yourself.

POSE OF THE WEEK: Tree Pose / *Vrksasana*. Practice this posture at home every day for the week, keeping the concepts of self-love and balance in mind. See what unfolds!