



Loving Cohousing

February 19

9am-3pm Pac 12-6pm East

Nervous System Transcript

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Okay, so welcome everyone. I hope that this hour is informative and relaxing.

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That's a value that I hold so you can right now if you'd like.

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Notice how your body feels, know if you have any spots of tension and make yourself more comfortable if you need to.

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Also you can notice the flow of your breath, just noticing how deep it is, and what the pace is tuning into what's going on inside of you for a moment.

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So I believe it's very important to have a regulated nervous system in order to learn anything, and this is borne out by research.

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I'm sure you were all regulated before but the kind of process that I would lead someone through before teaching them anything.

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So I'm wondering if any of you ever sometimes snap at your neighbor, or if you feel restless or overwhelmed in a cohousing meeting my upbringing, and I imagine that we do happen in my

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upbringing. I was taught that these type of feelings and behaviors, our personal flaws, that we each are responsible for dealing with, perhaps through more rigorously applied self-discipline

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tighter moral code, or, as a last resort, mediation or psychotherapy.

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In order to be a good community member. That may be a little bit of an exaggeration, but it makes a point. Research in neuroscience conducted during the past 10 years, or so has revealed that these feelings and

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behaviors are actually rooted in our physiology rather than in moral shortcomings.

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They're the expression of powerful nervous system states which have developed over thousands of years to ensure the survival of our species.

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They're still active in healthy bodies described in terms You may have heard before, but in a different context, fight flight and freeze, which are also called defensive states.

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Contemporary theories based on this research. such as polyvagal theory developed by Stephen Porges.

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I don't know how many of you have heard of that he's a neuroscientist and educator suggests that we are biologically wired to shift into one of these defensive States.

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Whenever we experience a threat, whether real or based only on our previous experience, they're activated by automatic mechanisms in our body functioning independent of our will.

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Such as the rhythm of our heartbeat, and the secretion of hormones from our glands, which are also outside of our independent will.

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These defensive states can linger beyond our conscious control. Conversely, when we experience a state of somatic social and moral safety, nervous system automatically re-regulates itself.

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We become the cooperative, caring, warm people that, in my opinion, we essentially are presenting this workshop here.

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The because I feel that this information, which is relatively new, is a key to creating a more humane culture. I see a lot of potential for the application of this material to the optimal functioning of cohousing and by the way, if you have

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any questions as we go along, I would invite you to just speak them out that way.

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We can stay connected to each other. So research points to simple shifts that we can make in our breathing pattern and in our relationship with our body, which increase feelings of internal safety, returning it to a state of balance

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and ease. So before I go on i'd like to offer you an exercise again to pay attention to how your body is feeling right now.

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I always enjoy these these experiential breaks. I hope that you do, too.

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So again, you can notice the points of contact between the back of your body and your chair, or whatever you're sitting on.

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Just feel those points and notice your natural breathing pattern.

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Taking 3 breaths, and at the bottom of the third breath you can release that.

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And notice if you feel age differently if you were holding a little bit of tension that you weren't aware of.

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And if anyone had a experience that you'd like to talk about you're welcome to speak about it right.

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Now. Okay, see. Okay, i've got to do this so there's a diamond which charts the different states that i'm talking about called the window of tolerance It shows the pattern of a regulated

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nervous system with regular waves of activity, and you should see that in in the screen in front of you

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So in this chart you see these 2 horizontal lines.

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They delineate the window, and in the window is an area where people feel safe and regulated.

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They where their body's functioning optimally and you'll notice this wave.

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So these the wave is correlates with rhythms in our body.

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The and also with the autonomic nervous system, which is the the branch that takes care of all our automatic functions.

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So you notice, at the top of the wave one of the branches is its most active.

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It's the sympathetic branch which is responsible for giving us the energy and focus to accomplish things and take care of ourselves.

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And as the wave descends at the bottom, you find the greatest power of the parasympathetic nervous system, which is also known as the rest and digest system, which helps to repair and restore our

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body. These rhythms are going on all the time they're going on as we sit here right now, as a matter of fact, as you inhale your nervous system activates the sympathetic branch then as you

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exhale it activates the parasympathetic branch.

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So with every breath you're experiencing the full range of your autonomic nervous system whoops

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And this affects your heart rate. in a well regulated person.

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The space between the heartbeats is shorter on the inhale and longer on the exhale.

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And this is called heart rate variability it's a sign of health.

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So I don't know you know this this stuff is really fascinating to me, and I have no idea how many of you have heard it before.

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But i'd like to suggest again that you go back to your breath and take 3 breaths, and see if you feel any different.

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Now you're aware of the rhythm that's hard mean period?

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How about you? Hello, Were you speaking to me? Okay. Okay.

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So, as you approach your third exhale, you can let the breath return to normal again.

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So when this, when this wave in the diagram stays within the window, a person generally feels comfortable in their body, is able to connect with their inner experience their body sensations.

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They can connect with other people easily with the environment, and this regulated state, which is very pleasant, is subliminate, subliminally communicated to others.

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It offers many benefits, enabling people to think clearly, make good decisions, to know what they need.

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In the moment to be able to take the most appropriate action in each circumstance, to be creative, and to reach out to others.

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It can also boost our health. Research has shown that the effect of being with regulated people regulates us, which can be life-changing and death defying, because it has also been shown in research that people who are

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chronically dysregulated, have more of a tendency to experience chronic disease.

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So this regulation is obviously a desirable state for co housing members.

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So this next diagram illustrates what happens when the autonomic nervous system experiences a threat either real or based on past experiences.

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Notice the jagged pattern of activation, its extension.

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Above and below the window. You can see that over here.

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When the activation goes above the window, the self-protective fight, flight, impulse, emerges, propelling us to protect ourselves by getting out of the situation.

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You know that's possible this is a an ancient reaction that we've inherited from from mammals and other lower forms of animal when they they had the freedom to either fight or run away.

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We often don't have that freedom now, in our modern society for example, if we're stuck in traffic, we can't really go anywhere.

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So The reaction of fight or flight may be accompanied by feelings of aggression expressed as tense muscles, particularly in the arms and legs expressed as the need to move, sweating a shallow rapid

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breathing pattern and an emotion infused thinking process.

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So these are negative experiences for co housing particularly in meetings when escape isn't possible.

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Our autonomic nervous system can let's give up depending on how resilient the person is.

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It can sink into a state of immobilization.

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There various types of freeze responses emerge in that state one's energy level can plummet one can feel cold.

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It may be difficult to move, speak, or even think clearly. These dysregulations are often paired with individuals, with the same individual, sometimes acting aggressively, and other times feeling quite helpless, but which is kind of confusing for them, and for

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others so prior to contemporary neuroscience.

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Research people. didn't understand these reactions had a tendency to ignore them, stifle them, or function on top of them.

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Those patterns are still with us, and I wonder if anyone recognizes them in themselves in different cohousing situations or other life situations.

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Yeah, I know this is kind of serious we're going to lighten it up in a few minutes with some regulating poses from the Yoga tradition.

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So how each individual responds to threat or perceived threat, because there may not be anything threatening really happen happening.

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But it may seem that way. how each individual response varies from person to person at one end of the spectrum is the resilient person who's dysregulated state may pass quickly, and it may not influence their behavior at all I

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know people like this in Co. housing and you may too, maybe you're one of them at the other end for highly sensitive people which I see myself as individuals dealing with chronic stress or illness, or individuals with serious conditions such as

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post-traumatic stress disorder, The dysregulation may linger, even becoming the person's dominant state.

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No present, no matter what is happening in their environment. You may know some dysregulated people also.

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So I want to go back to the diagram again for a minute.

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So you see the regulated state in in the center and then the over active, sympathetic nervous system.

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And then there's the parasympathetic nervous system, which I described as being the rest and digest function, which is very positive and very important.

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But the parasympathetic is very complicated i'm not going to go into all the details, but when it gets dysregulated, its energy falls below the window of tolerance here and that's where

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the free States reside, and these states outside the window tolerance are tied to psychological disorders.

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Also. As a matter of fact, there are some theorists and clinicians who are reconceptualizing anxiety, panic attacks, rage, bipolar disorder, depression, Dyslexia, in in these terms instead

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of in purely psychological terms, and developing new ways to work with them.

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So the eyes are a very important regulator for the body also. So I've like to suggest a screen break even after this short presentation so far, and feel free to just look around the room for letting your eyes go where they want to

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go connecting with whatever they feel is interesting, or important this is actually very regulating for the body.

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It's 99% of the time we're directing our eyes to read something or see something, but to just give them some some freedom to wander, actually relaxes the eye muscles which are very key in

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establishing autonomic balance. so you can look around.

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Notice the breath while you're doing that yeah I noticed myself taking a sigh.

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So people who are well regulated any enormous resource to a community.

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This is because regulation is contagious it's communicated person to person through the functioning of the vegas nerve.

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The longest nerve in the body. This nerve mediates the state of the facial muscles, whether they're tense or relaxed.

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The movement of the eyes and the neck, which in conversation are indications of mutual connection.

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Both, and connection to oneself. It influences the range of our hearing which can favor the human voice over other competing sounds, facilitating conversation.

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It influences the sound of the voice which can communicate feeling state, such as caring or anger, or whatever it is, and also the Vegas nerve.

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Yeah. Is it responsible for regulating the heartbeat and the breathing pattern and digestion? suggestive functions?

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Love of things in the body. But all of these markers which I mentioned, the state of the facial muscles, the movement of the eye and the neck, the ability to hear the human voice, the sound of the voice, all are markers which

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communicate a subliminal message of safety to others and safety is the key.

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It's sort of a vestige of you know the experience of wild animals running through the plane and looking around noticing any predators, you know, listening for the sounds of other species and That's a originally That's what

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safety meant it meant physical safety but it's become more complex now in our human world, and it can refer to physical safety and emotional safety means not not being verbally attacked.

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For what we've said or who we are it can mean moral safety which is a common understanding about what's right behavior, and what's wrong behavior.

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And it's shared throughout a community and that it's adhered to That's another kind of global safety.

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But and don't forget to ask questions if you have them. so my knowledge of these physiological patterns is transforming the way I take care of myself, and how I deal with others at my best.

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Well, I may still experience others, some others as unpleasant or threatening.

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If i'm regulated i'm able, to be curious about what other people are experiencing, wondering what's happening in their physiology, if there are aware of it, and if they have the tools to shift it previously instead

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I may have reacted, creating mistrust and conflict.

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Sometimes I still do react, but it's more internal and at least I have a handle on what's happening, and the tools to work with myself.

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Maybe it's time for a breath no looking around. the room I don't have no idea what you're all experiencing right now, so I have to sometimes base it on what I am but I need so in my experience when people are

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connected, they can rise above their normal state of dysregulation everyone's dysregulated from time to time co- housing, and our culture in general are offers this kind of connection, some regulating activities at times such as

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dancing, music-making, singing, or artwork but i'm of the opinion personally that the community building value of these regulating activities for adults is under utility is generally kept separate from other essential community activities so

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that we don't dance. during our breaks at a community meeting, and you know we don't necessarily pull bring out our artwork during a work assignment.

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Course, regulating body-based activities, such as massage, hugging and play wrestling are more rare in community.

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I believe, because of the degree of safety required to feel relaxed with touch, and possibly because of a fear of sexual attraction.

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The touch is very, very, regulating if it's conducted in trust.

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Interactive play offers some of the greatest regulation benefits.

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Also but that pleasure seems to be generally deemed inappropriate for adults most of the time, as compared to children.

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Adult, and energy is often utilized for work which is necessary.

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But in my experience not necessarily regulating for a group. so I feel like a little bit of a rebel saying that.

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But I am always interested in shifting culture a little bit.

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Actually I came into co-hosting, hoping that, in addition to social change and environmental awareness, that there would be an opportunity for personal personal growth, like becoming more of the person we were meant to be becoming healthier.

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So I I have that bias and i'm curious how that lands for people.

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Maybe, you know. but maybe it's not good to get into that conversation right now.

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In my opinion, some other excellent regulating activities are the Eastern contemplative movement.

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Disciplines, such as Yoga Tai Chi, and she gone.

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My work with individuals has been in using various trauma-sensitive Yoga techniques designed to help them consciously re-regulate their autonomic nervous system.

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Not only to get exercise This is particularly helpful and i've worked with individuals, with chronic anxiety depression, and Ptsd.

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As as Henning mentioned, I had a book published in 2,021.

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Addressing this approach, called Trauma healing in the Yoga Zone.

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So i'd. like to shift gears now and lead you through a few regulating yoga poses that you can do in your chair.

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So I hope this is interesting to you, so first make sure you're in a comfortable position.

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If you'd like to participate sitting on a chair or a couch, and you can now I have photographs of these different postures.

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So if you're wondering what to do with my instructions, you can take a look at them on the screen.

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So right now we're sitting with our feet in contact with the floor, or some solid block, or something, and our hands on the lap or the knees, we're going to start with a co-posal seated cobra pose which

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is slightly activating to the sympathetic nervous system.

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So to assume the cobra, you can start to arch the spine, feeling the shoulder blades coming a little bit closer together toward the center of your back, and the chest expands.

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The head rises a little bit, and you may feel you can breathe more deeply.

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Taking 3 breaths. if you're mine wanders please bring it back to some.

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It's part of your body for focus such as the point between the shoulder blades.

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So, taking 2 more breaths at your own pace and you can stay in the pose Another breath, if you like.

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That's too too fast. but when you are ready, you can exhale, release the pose, bring your spine head back in a straight line, and notice if you feel any different after doing it, it has a slightly activating effect on the

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sympathetic nervous system because it requires that you hold the muscles in a certain position which requires energy, and that you're fate.

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You're looking outward and so you need focus, so you can shake that one out. The next one that we'll do is activating for the parasympathetic nervous system which means that it helps to

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facilitate relaxation and release. This is a full forward band.

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So to get ready again. You can sit with your feet on the floor, or on some solid block, or something, and your hands on your thighs, and it's straight in line with the spine, and you can slowly start to lean forward bringing

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your torso down toward the legs halfway, and stop.

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Take a breath. Now, if you have head or neck injuries uncontrolled high blood pressure or other heart, disease, you can stay right here, Otherwise you can let the torso go down as far as you'd like toward your guys Finally, if

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you'd like you can let your head hang you can see the picture on the screen.

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Whatever is good for you, and just take a couple of breaths.

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Now notice what happens when you're breathing in my case I close my eyes? because that's a parasympathetic indication of feeling safe in one's outside environment.

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And it allows more focus on what's happening inside so you can release the pose now slowly bringing the torso back up the perpendicular to the floor, head, neck, and shoulders online again.

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You can shake it out so now we're going to do a half moon.

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Pose we'll do it to the left the left first, so you can sit with your left hand on your thigh, raising the right arm overhead, and now arcing the torso and the right arm overhead, looking straight, ahead, and taking

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3 breaths, and in this posture you can inhale more deeply.

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Then, in your normal seated breathing, which offers you more nervous system. regulation, the inhale in exhale can be longer.

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After your third exhale you can straighten the torso. Lower the arm, look around for a minute, and then we'll do it to the other side, because each side of the body has a different effect on the autonomic nervous

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system. Also the right side is more activating, and the left side is more common.

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So we're going to tilt to my right now I sort of can't, and having trouble keeping track of of your laterality right now.

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So, keeping the right hand on the fly, we can raise the right arm overhead.

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And now, arking the torso and the left arm toward the right, feeling a little stretch, perhaps the underneath the arm or in the torso on the left side, and breathing, taking 3 breaths.

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Notice that you can feel your body sensations while you breathe, and after your third exhale you can straighten the torso and lower the arm.

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Just sit for a moment noticing, if you feel any differently than you did before.

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Now this pace may be much too slow for some people, and too rapid for others.

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So there are different, very variables that you can change if you need to.

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So we're going to do one more pose the half spinal twist.

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You can see the model doing it. and this one is very regulating, because it accentuates the exhale when we're in the pose, which is the

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It brings the parasympathetic to its greatest activation at rest and by chest function.

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All right. So one way to get into this pose I think we'll again twist to the left first one way to do the pose is to raise the arms overhead twisting the torso to the left now to from sequentially from

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the waste through the rib, cage, chest, neck, and head, finally looking over your left shoulder, bringing the right palm to the outside of the left thigh, holding on to your chair or couch any place you need to for balance

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and feel that twist now a gentle twist. If it hurts at all, You should come out of the pose immediately.

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But if it's comfortable you can feel the twist from the base of the spine to the the top of the neck, feeling it taking a breath, take 2 more breaths on your own and on your last exhale if

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you'd like if you're comfortable you could twist around just a little bit farther a fraction of an inch.

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And so you're exhaled now and as you start to inhale.

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You can release the torso and come back around to center and take a breath around the room, and will to the post to the other side.

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Now, so you can raise the arms overhead, twisting the torso sequentially again from the waist all the way up through the neck and head, bringing the left hand to the outside of the right thigh, holding on to the chair or couch

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with your right hand, looking over your right shoulder now, and breathing, taking 3 breaths on your own.

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And after your third exhale, if you want to, you can twist around of fraction of an inch farther, and on the inhale, release the pose.

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Bring the torso back around the center so i'm wondering if you notice if you feel any different than you did before I can.

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I have no idea what you know what state of tension or relaxation you came into this day with.

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But I do hope you'll leave this workshop in a relaxed state.

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So the benefits of postures like these are are they accrue over time.

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The more you do them, the greater the benefit will be sometimes getting into one of these poses.

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Immediate sends it, sends a familiar message to your nervous system to release or to become more more focused.

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Whatever the message may be, and it happens immediately, you can train yourself.

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So again. I wonder if there are any comments right now and if not, that's fine.

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Some people feel less like talking when they get into a very relaxed state so well.

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Yes, yes, please. Thanks for leading us through these postures.

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You've you've given some good reminders both like intellectually, verbally, and also leading us through these simple practices.

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I've also heard some new information that was useful and I loved what you said about I can't remember how you phrased it.

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But when you came into co housing you had, you said you had hopes of not only this or that, but also some you had hopes of opportunities for expanding the the personal elements.

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The elements. Yes, that was really well said I appreciated that and it echoes some hopes i've had myself.

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Oh, that's feels good to hear that yeah know you if you want to.

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We could continue the conversation through email or something like that. I think I included my email at the end of the presentation, or I will Thank you.

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Sure anybody else. You know I I certainly have grown in different ways, living in cohoused, but maybe not the waste that I thought I would.

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So these yoga postures are solo disciplines, and yet communities are built on group activities.

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So i'm i'm encouraging you to start thinking about how, after this very brief introduction, maybe to premature.

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But how your communities could better incorporate these physiological rhythms and this you know this.

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These built-in responses into different activities, activities that that come to mind for me are emphasizing more.

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The importance of the awareness of our body, sensations and breath.

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It's you know we're in a pandemic now.

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So this is kind of not possible, but I mean, perhaps, activities which foster more face-to-face connection creative experiences which involved the senses, exposing exposure to regulating rhythms, especially live music because all of

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those areas that that indicate regulation are very influenced by music.

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The muscles. The general autonomic state the vibration helps to relax the facial muscles and the quality of the voice.

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Now, there's a big impact. so I I have conceptualized what an embodied community would be like.

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And of course we I do have elements of it in my co-, housing community, but I I like to let my imagination go.

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So I think of it as being more tribal, akin, more akin to the shared experiences of indigenous groups throughout the millennia. I know this.

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You know, I think this is this feels a little wild for me to say.

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But in this model embodied community activities could include participants of all ages, with lots of groups singing and dancing, live music and ritual which my community sometimes does at the turning of the seasons tribal activities

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can bring a community more into a state of present moment awareness which is more of an Alpha brain state.

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It's a different brain wave where one isn't aware of clock time.

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But rather of the flow of connection to oneself and others.

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So i'm i'm starting to really encourage discussion here, if there isn't, if you have any ideas but in the meantime i'd like to teach some a little bit of breathing practice, because that's very

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very powerful also. So we've experienced kind of an informal focus on the breath.

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I'd like to formalize it more right now, and teach the Yoga three-part depress, because it really is the a very powerful basis for nervous system regulation, more even more powerful than the postures for most

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people. So, but actually deep breathing can also bring up deeper feelings that that haven't been recognized, or that you know person's not ready to feel so.

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I don't think that will happen here, but if any of you starts to feel, you know, uncomfortable emotions.

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You can stop doing the deep breath immediately i'm very cautious.

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So these that kind of warning probably isn't even necessary but I want give it, anyway.

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Also it brings more. It changes the balance of oxygen and carbon dioxide, which is not dangerous at all, but it can make some people feel a little bit light headed.

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So if that happens, you can just let your breath return to normal.

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So for the first part of the three-party press, you can bring your hands onto your abdomen.

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If you'd like, and inhale into the abdomen feeling it expand like a balloon, and you could do that on your own a few times, and when you're ready you can let that go I hope that was enough time, for

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you. And now I'm, the next inhale you can bring the hands up to the rib cage.

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God, you have some photos of this actually. Oh, no I guess I guess not.

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It's okay up to the rib cage and as you inhale, inhaling into the abdomen and ribs, feeling the ribs expanding out to the side.

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And do that on your own few times. and after you next exhale You can bring the awareness into the chest, which is the third part of the 3 part deep breath.

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Now you're inhaling abdomen ribs and then chest, feeling the chest rise exhaling in the opposite order, chest, ribs, and abdomen.

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So you can explore this three-part deep breath on your own right.

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Now, so take a couple of more deep breaths, and then, after your next exhalation, you can release the breath and let it go back to normally, and I think I introduced it as a yogurt three-part deep breath.

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But it is universal. it's one of our bodies resources.

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So Did anyone have any experience with the Yoga?

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3 part deep breath that you'd like to mention or share or questions.

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I know Yoga is a part of a lot of co housing communities, so this may not be new.

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Yeah, i'll say something. This is down from Rachel Carson Echo Village.

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I just wanted to thank you for the encouragement to kind of bring some of these embodied activities into our meetings that I thought about.

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But didn't really have the courage or motivation to do.

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But you've given me that so thank you so glad to hear that yeah

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I think that a lot of our culture is more talking about the culture in general.

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You know it's may sound familiar. is It feels that we have to be doing something all the time. we have to, you know, be productive and focused, and you know time is of the essence.

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So it were sort of on a schedule and this you know it works well for a lot of people, but it it doesn't lend itself to nervous system regulation for people who are a little bit shaky in that

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area. it can lead to a lot of anxiety in particular, and burn out.

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So this is like to me an antidote in our lives as well as in our communities.

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So the the next the i'm coming to the end of my presentation, and this is this feels pretty risky to me.

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But i'm gonna go ahead anyway, because this is a fantasy that I have.

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I sometimes fantasy that the larger culture, as well as co- housing community?

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What what it would look like if it was permeated with tribal values.

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Emphasizing body awareness. The current fantasy is to have community meeting breaks, accompanied by live, cross-cultural drumming, which is tremendously and and effortlessly regulating to our

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bodies. Individuals could get up and dance during the breaks, give each other a foot massage, and at times

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Taking the pulse of the group, the facilitators might deemphasize clock time in favor of cooperating with the general flow of discussion and connection.

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Come. This feature could challenge the value that people hold of planning and and schedules.

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But I think there's great value to being present in our bodies also to just shift the ballots a little bit more in that direction.

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I bet the meetings could be more productive in that type of environment.

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With less effort, and my wish is that participants would emerge from the meeting.

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Feeling refreshed, supported, regulated, and empowered.

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But maybe way off schedule so unfortunately we're we're now on zoom, so we can't practice that kind of information with each other.

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But we can, however, right now deem our warmth into the camera and appreciate our own and each other's presence.

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Take a moment a couple of press to do that so i'm sending my best to you.

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Oh, and again i'd love to facilitate some kind of discussion on this topic.

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If there is any, or if people just feel relaxed that's okay, too.

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I like to say something. first of all, thank you for this information, and I can see how this is directly applicable in our community.

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Some of it we do but, like we always have an opening activity for our business meetings.

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Can any one of these yoga poses, or the breathing could be used as an opening activity, you know, so that we are.

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We get ourselves in a regulated state before we try to have difficult conversations.

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No, we have had. We have used dance breaks during our meetings for years, but we got away from it, and so going back to that, Another thing we've done that has worked really well for us is to sing together,

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We don't do it often well some times do it before a common meal, but and it has to be a pretty basic, simple song.

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But it really helps us experience feeling united even in just the voice.

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Yeah, thank you for reminding everyone about that which coherent.

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Where do you live? Heartwood Co. housing in Southwest Colorado?

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Yeah, thank you So to see another Hand up I can't I can't see all of you so I can't see the hands.

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But I see Margaret porter's hand up yes, thanks, Joanne, for this program very much.

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I just wanted to mention. I live in Silver Sage Co.

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Housing in North Boulder, Colorado, and I actually teach here in a movement system called gyrokinesis, which has some of the same elements that are, and the Yoga postures poses that you invited us to

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practice, and what i'm taking from this is that the invitation would be to bring more of that into the community activities where we are likely to get triggered and dysregulated.

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And so I doubt that I could get the entire community to engage.

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But it's an important reminder that self-regulation is contagious.

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So thanks for that. Oh, you're welcome yeah if anyone else has their hand up.

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Please just speak out, and if not, we can just you know I I was thinking of ending with with some music for dancing. but you know, and that that involves my technical abilities here.

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But I think I'll just wait and see if anyone has anything else they want to say, and if not well, we'll be ending in a in a 2 or 3 min.

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So my anyway. my email is my name J. o and n Lutz 22 at Gmail Com.

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I'm always looking for connection with like-minded people, people who are interested in what I'm doing so.

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Thank you so much. Thank you. Thank you very much. Thanks, everybody.

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Thank you, thank you, Thank you, Joan make sure so I'll

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Is it time to disconnect ending? Yeah, it is.

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And I want to take. We encourage you to take a 5 min break and then return to the ballroom through the link on your program for more networking and connection.

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Time we're going to take a little bit of an extended break between this session and the next one.

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So do go back to the ballroom, as I mentioned in the Chat, I apologize.

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If I was a little discombobulated and around the place that's a nice flow through our fall from our chimney, and through it, through the roof into a unit.