



# BEYOND DUALITY: YOGA AND SOCIAL JUSTICE

SESSION 5: THE SCHOOL TO  
PRISON PIPELINE

# Community Agreements

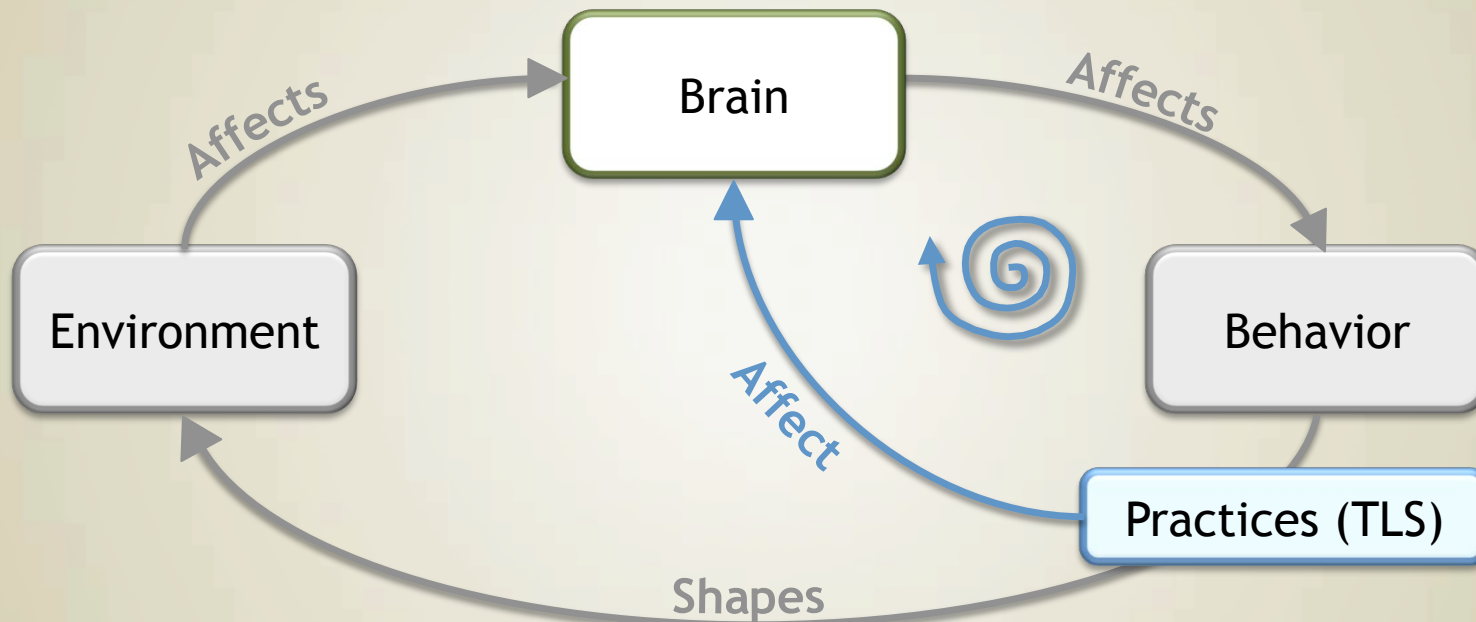
- ▶ ALL VOICES ARE WELCOME. REMEMBER THAT PART OF SHARING IS SHARING TIME.
- ▶ COMMUNICATE USING “I” STATEMENTS. PLEASE TAKE PERSONAL RESPONSIBILITY.
- ▶ ALWAYS TAKE A BREATH BEFORE RESPONDING.
- ▶ COME TO THIS PROCESS WITH A SENSE OF CURIOSITY AND WONDER.
- ▶ ASSUME THAT WE ALL HAVE THE BEST INTENTIONS AND ARE DOING THE BEST WE CAN.
- ▶ NOTICE ANY TENDENCY TO WANT TO AVOID CONFLICT, OFTEN WHEN WE STAY WITH CONFLICT WITH COMPASSION AND CURIOSITY, RESOLUTION IS POSSIBLE.
- ▶ MAKE SELF-CARE A PRIORITY, ASK FOR SUPPORT WHEN YOU NEED IT.

# Session 4 Review

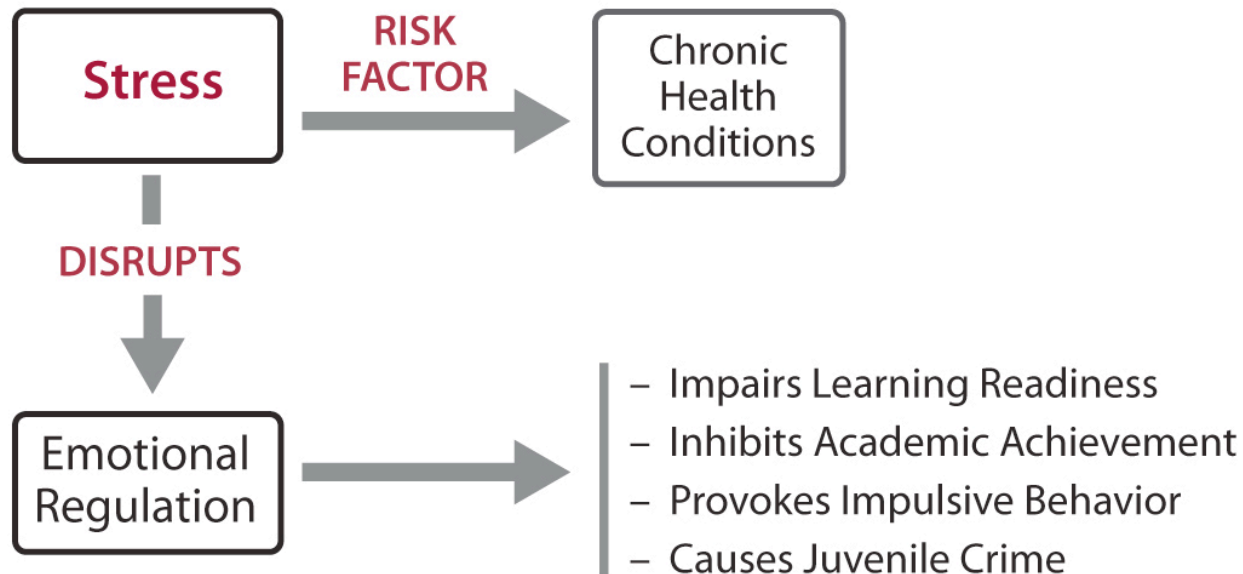
- ▶ Racism Definitions
- ▶ 10 Things About Race
- ▶ Individual Racism
- ▶ Systemic Racism
- ▶ Activity
- ▶ Internalized Racism
- ▶ ‘You’ve Got To Be Carefully Taught’



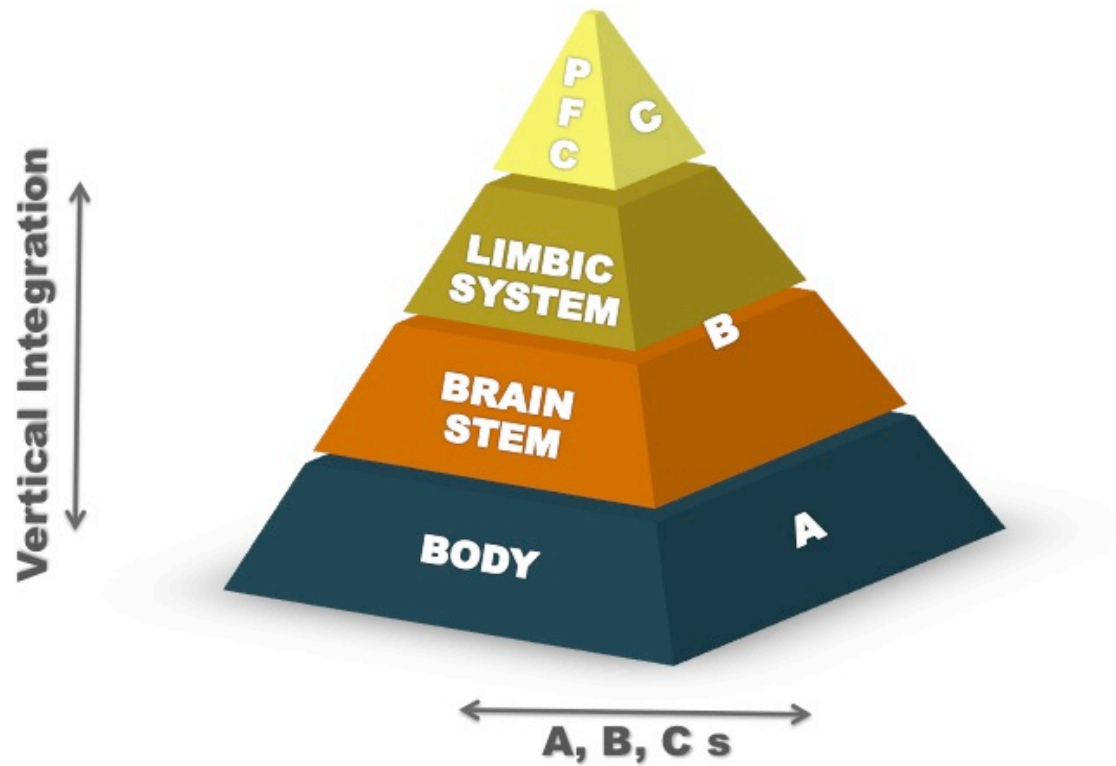
# Brain - Behavior Connection



# Impact of Stress and Self Control



## Vertical Integration Essential for Emotion Regulation



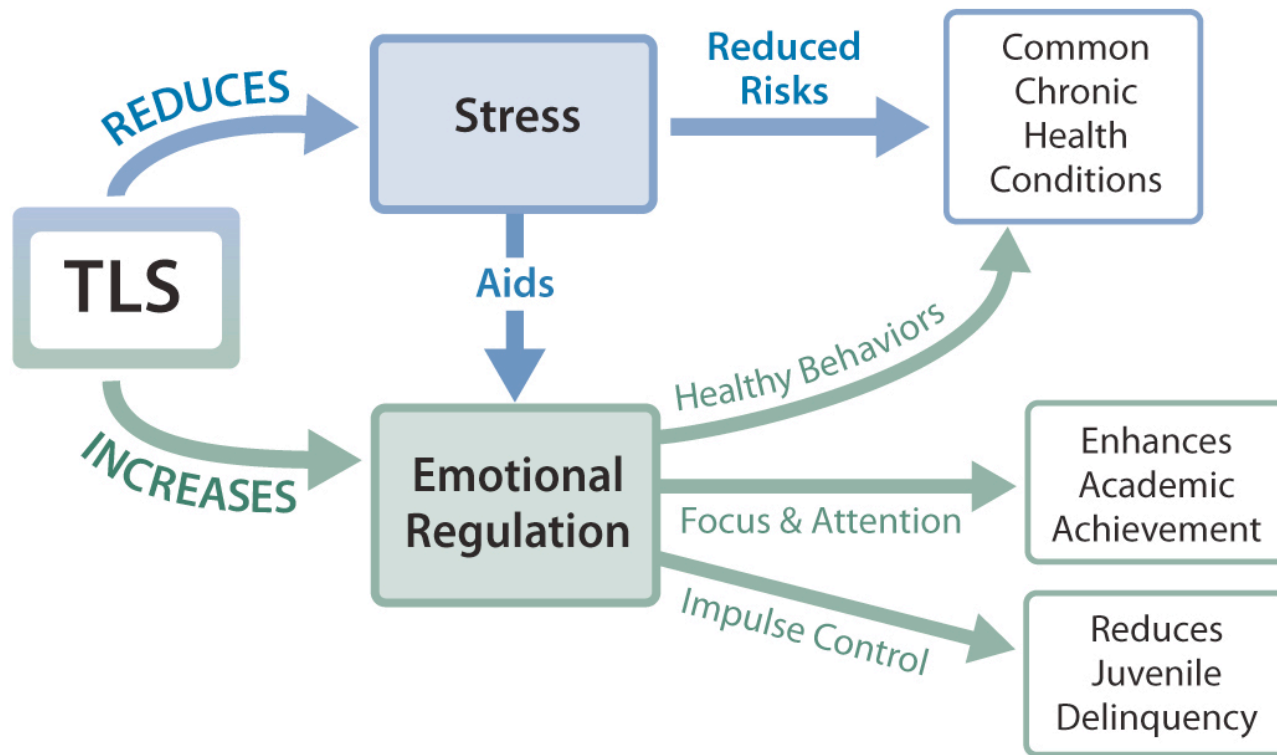
# Model of Transformation



**Dynamic feedback loop for individual and systemic change**



# The Power of TLS





# Summary of Research Findings

- TLS is a promising intervention for enhancing several aspects of well-being among children/youth
  - Reductions in anxiety, depression, global psychological distress, rumination, intrusive thoughts, physical and emotional arousal
  - Less hostility and less likely to endorse revenge-motivation orientation in response to interpersonal transgressions
  - Reductions in unexcused absences, detentions and increases in school engagement
  - Increases in student emotion regulation, positive thinking, and cognitive restructuring in response to stress

Dr. Jennifer Frank (Educational and Developmental Psychologist, and Research Scientist) and her colleagues at the Prevention Research Center, Pennsylvania State University

