BEYOND DUALITY:
YOGA AND SOCIAL JUSTICE

Closing Session

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.

Reflection Questions

- Three things you didn't know that you didn't know before beginning Beyond Duality
- What feelings were evoked as a result of the discoveries? (i.e. shame, withdrawal, denial, surprise, etc)

Reflection Questions

- Reflect on your yoga community. Who is there? Who is missing?
- Yoga teaches that we affect change through our thought, speech and actions. What/how will your thought, speech and action change as a result of what you've learned? (i.e. language, policy, etc)
- What are the internal and external obstacles to making the change(s)?

Vision

- As it relates to BD, what is your vision for the yoga community?
- What specifically will you do to move the vision forward?
- What support do you need?
- How will you get that support?