

Common Threads:

The Yoga Sutras, Non-Violent Communication and Conflict Resolution

Course Description

The Yoga Sutras, Non-Violent Communication, and Conflict Resolution share the same foundation of non-harm and truth and authenticity. This course examines the common threads of these three fields and the principles and practices of each one in context of mindful communication and professional and personal relationships. The aim of this course is to help students communicate and embody confidence, clarity, kindness and compassion in our speech and relationships with others.

Using select sanskrit verses of the Yoga Sutras, we will examine how to integrate the yamas and niyamas into communication and the shared framework of Non-Violent communication which encourages a yogic perspective that broadens our lens beyond self and ego. We will also practice conflict resolution skills in empathy, assertiveness, inquiry, and re-framing to gain skills in building, sustaining, and cultivating resilient relationships based on trust, authenticity, and dignity.

In addition to select sanskrit verses, yogic practices (physical forms, sound, breathing regulation) are the crux of where theory becomes embodied and we experience a shift in perspective, change in consciousness, and unravel mental and emotional conditioning that contribute to creating conflict and obscuring heart-to-heart connection.

Learning Objectives

Students will learn and study select Sanskrit verses of the Yoga Sutras.

Students will learn, develop understanding of and apply the principles of Non-Violent communication to current, real-life scenarios both personal and professional.

Students will learn about emotional intelligence, the 5 styles of conflict, and the 3 conflict archetypes and apply these theoretical concepts to their own relationships to enhance communication and relationship skills.

Students will learn and understand the common threads and universal principles and practices of the Yoga Sutras, Non-Violent Communication, and conflict resolution.

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DAILY AGENDA and Assignments

CLASS 1 Sun. Jan. 17 9am- 2pm

Intro. To Yoga Sutras

Ashtanga Yoga

Yamas and Niyamas

4 Gateways of Action

Class 1 Assignment (due Sat. Jan. 22)

Read pages 1-7 of Yoga Sutras Manual.

Choose 4 of the Yamas or Niyamas and answer the reflection questions.

OPTIONAL:

Answer the questions at the top of Page 7.

Read pages 1-7 of Yoga Sutras Reading

CLASS 2 Fri. Jan. 22 5:00-9:00pm

Yoga Sutras: Select Verses

Emotional Intelligence

Non-Violent Communication: Principles 1 and 2

Class 2 Assignment (due Sun. Jan. 29)

Analyze a recent conflict / challenge and re-write a script that is rooted in NVC and the teachings of the Sutras.

CLASS 3 Sat. Jan. 23 10am- 3:00pm

Five Conflict Styles

Three Conflict Archetypes

Self-Reflection

The Heart in Conflict: what happens to the heart in situations of conflict?

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Class 3 Assignment (due Jan. 29)

Create a diagram that identifies your conflict style and archetype with the all the primary relationships in your life.

Identify assets and obstacles and a strategy for applying ahimsa, satya, and NVC to these relationships.

CLASS 4 **Fri. Jan. 29** (no assignment)

Conflict Lab: workshop 4 Scenarios and apply the wisdom of ahimsa, satya, and NVC to each conflict.

Assertiveness | Boundaries | Saying No

*NO ASSIGNMENT

Recommended Podcast List

Yoga Sutras with Padma Shyam

https://www.podomatic.com/podcasts/yogapodcast/episodes/2015-06-24T20_22_45-07_00

Ahimsa: The Way of Peace with Maya Tiwari

https://www.podomatic.com/podcasts/yogapodcast/episodes/2015-06-27T14_57_06-07_00