

*Camp Utopia Yoga  
200 Hour Teacher Training  
Online Classroom: Limb 1.1 Worksheet*

## **The Yamas: Ahimsa**

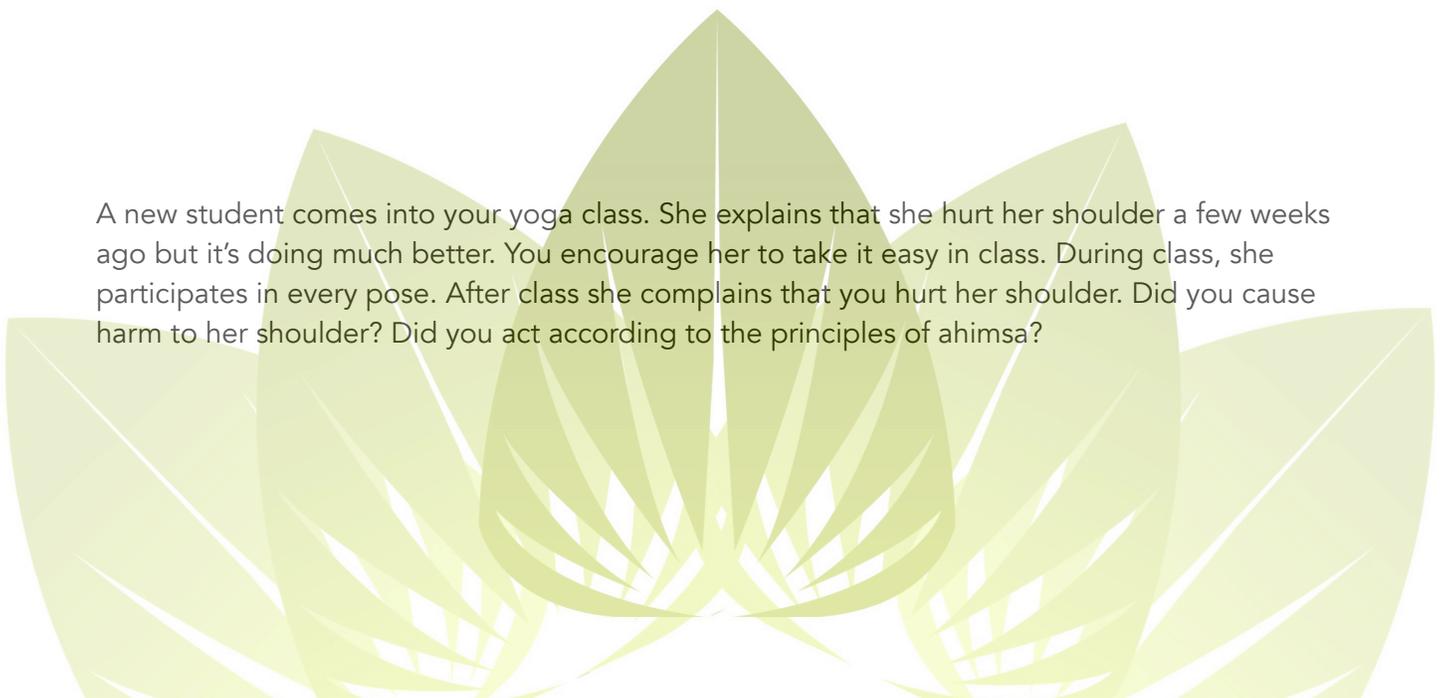
Answer the questions below. Remember, there's no right or wrong. This is based on your experience and your own moral code.

The Yamas are:

The first limb of yoga, Ahimsa, means:

Many people believe that vegetarianism or veganism is essential to living a life of ahimsa. Do you agree or disagree? Why?

A new student comes into your yoga class. She explains that she hurt her shoulder a few weeks ago but it's doing much better. You encourage her to take it easy in class. During class, she participates in every pose. After class she complains that you hurt her shoulder. Did you cause harm to her shoulder? Did you act according to the principles of ahimsa?



Personally, I often find myself in a cycle of recrimination. I promise myself that I'll attend a yoga class then I don't make it. I beat myself up for it, consider myself a bad yogi and promise myself that I'll go the next day. If I don't make it, I beat myself up for it, consider myself a bad yogi and promise that I'll go the next day. This cycle continues on and on for sometimes several days, with me being very critical of myself throughout. And each negative thought probably leads me to not attending a yoga class because I feel like a bad yogi. Do you have any cycles of recrimination? Or have you had any cycles of recrimination before? If so, how do you deal with these feelings? Are you even aware that these cycles are happening? How can you change the story you're telling yourself?

According to your own moral code, are the situations below a violation of ahimsa?

1. Killing bugs in your house
  2. Putting down a very sick or injured pet
  3. Expressing your beliefs knowing they will hurt someone else's feelings
  4. Writing a bad review on Yelp
  5. Spanking your children. Or even putting them in time-out. Or telling them no when it hurts their feelings.
  6. How often do you put words on yourself like bonehead, selfish, stupid, lazy, crazy, fat, old, lame, etc.?
  7. Attending a power vinyasa class when your shoulder hurts.
  8. The food you eat- we know fast food or sugar or alcohol is bad for us but we often still eat or drink it anyways. Is this a form of violence?
  9. Asking your students to try a headstand without knowing if anyone suffers from neck problems
  10. Encouraging everyone to attend your yoga class without knowing their health condition
  11. Pushing your students to explore their boundaries
  12. Discussing politics in class knowing it will upset someone
  13. Teaching 5 classes in a day, knowing that you will be exhausted and completely drained at the end of the day.
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