

« Get your limit back »

*Marco Mulder*

# Summary

1. Limits
2. Exercise
3. Why should you get your limits back ?
4. The big lesson of SS19

# Limits

- What is your definition of boundaries or limits?

Exercise

# Why should you get your limits back ?

- Window of tolerance
- Stress → parasympathic system
- Self confidence
- Relationship
- Freedom

The big lesson of SS19

# Articles

- Emerson, D., & Hopper, E. (2011). Overcoming Trauma through Yoga. Reclaiming your body. New World Library
- VASTERLING, J., K. BRAILEY, N. CONSTANS, et al. 1998. Attention and memory dysfunction in posttraumatic stress disorder. *Neuropsychology* 12: 121–133.
- LAZAR, S.W., C.E. KERR, R.H. WASSERMAN, et al. 2005. Meditation experience is associated with increased cortical thickness. *Neuroreport* 16: 1893–1897.

- 64 . Lazar - its about learning to notice what thought, feelings, sensations and impulses emerges. Which is necessary to discover your limits.
- 22 . P11.L25 - neuropsychological article about that dysfunction part of the brain (the limbic system) lead to dysregulations of arousal, which makes is it hard to predict and know your limits.
- Book - survey about using yoga to make people with ptsd aware of they own body, which makes easier to recognize their limits.



Dankeschön

Tak

Merci

Dankjewel

# Exercise

1. Introduction of the limits with the audience : get over their boundaries : close to them, look into their bag, scan one person dutch & french : express feelings verbally?
2. Find your limit: pairs, one person walks towards the other in 2 different ways : a normal one like your friend and a scary person (the other have to image). And with a rope we mark on the floor the distance where the person has stopped. Say stop out loud and with your hands. Express physically how did u feel → intruduce the 2<sup>nd</sup> part