

« Get your limit back »

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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 2nd part