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Notice the Journey

Spiritual Direction,
Coaching & Restorative Yoga

@NoticeJourney



Shannon Michael Pater

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Moonrise over the Himalayas in McLeod Ganj

NOTICE NOTES

The Monthly Newsletter of **Notice The Journey**

Volume 1, Issue 2

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Hello from the Himalayas

Hello Dear Hearts,

I hope this finds you safe and well.

I'm still tucked safely away in the McLeod Ganj in the Himalayas of northern India. Monsoon is definitely arriving, but right this moment I'm looking out on a nearly clear sky with kites (birds similar to a hawk) soaring over the forested mountains. The birthday of the Dalai Lama is 6 July and there is likely to be some fun that day (he is here this year, but sequestered).

We have made it through "Unlock 1.0" and are starting a slow-paced "Unlock 2.0." It varies around the country, but I have significant freedoms here. Several stores are open in my village; masks are absolutely required. We have crossed +950 cases in my state (Himachal Pradesh), but there is a strong program of contact tracing. I'm not worried.

If you follow me on Facebook, you know that I have been adopted by a street dog. There are a few clicks of her in this newsletter. I call her "Cowgirl," because her spots reminded me of a cow when I first saw her. I think I am something more than her "biscuit boy"; she certainly saved me from the loneliness of the

lockdown.

The biggest news is that I'm launching a new program: Air Into Breath Restorative Breathing. You can read more about it below and on the [front-page of my website](#). Many of you know that I have been interested in the spiritual foundations and the science of breathing for many years. For the last two months I've focused on my research and completed a certificate program with Yoga Teachers College® in Barcelona.

Registration for the restorative breathing program is now open and materials will be available starting 15 July. Send me an email for more information or to register. Registration is ongoing, but spaces are limited.

The Centering Meditation below includes my first effort at posting audio files. I'm still working on technology and technique, but it's coming along. Finding a quiet recording space in a mountain village with dogs and donkeys on the street can be challenging.

May you know the graces of shalom, shanti, and salaam. Peace be with you,
Shannon Michael

Shannon Michael Pater
Psy.D. | Yoga Alliance E-RYT 500 & YACEP
Yoga Teachers College® Breath Coach

Shannon Michael Pater
@NoticeJourney

Air Into Breath Restorative Breathing

New Program!

Air Into Breath Restorative Breathing

What is God? God is the Breath within the breath.

—Kabir

Air Into Breath is a restorative breathing program that can help with stress management, balance the nervous system, and improve sleep. It is an excellent foundation for a restorative yoga or meditation practice.

The 4-week program includes:

- Audio files of guided practices (balancing, parasympathetic up-regulating,

and
sympathetic
up-
regulating)
and
meditations;

- PDF
study
materials;
topics
include:
the
anatomy
and
science
of
respiration
and
the
nervous
system,
philosophy
and
reflection
on
breathing,
and
practice
support;
- 4
30-
minute
individual
consultations
to
support
the
development
of
your
personal
practice
and
answer
questions.

Program begins 15 July.

Registration is ongoing, but spaces are limited.

This program is not “movement-based” and requires NO yoga experience.

For more information, download the program flyer on the front page of my website.

Centering Meditation

While it greatly depends on the circumstances, the average human will survive around six weeks without food and about three days without food and water. But most of us experience agitation and anxiety within seconds of holding our breath and within minutes there is permanent damage and death if we stop breathing.

Breathing is an autonomic response, it is built into the “operating system” of our bodies. We take 17,000 to 23,000 breaths a day. So many vital cycles, but how much attention do you give your breath?

Here is a short meditation (5 minutes) to help you increase your companionship with your breath. In so many linguistic traditions (ancient and modern), the word or root for “breath” and “spirit” or “soul” are the same or similar. Maybe breathing really is part of a deeper operating system.

Click here for an audio meditation

*Music in the meditation is from *Bija: Soothing Music and Mantras for Yoga and Meditation* by Todd Norian, www.ashayayoga.com. Used with permission. All rights reserved. (And highly recommended!)

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Website Updates

There are a few more books listed under the "Resources" menu, including ["My Top 5 Go-To Books"](#) and a [page for trauma studies](#).

There are a few new clicks in my [Miksang collection](#).

Several folk let me know that they are using the [Mary Oliver Poem Quotes](#) for meditation. I changed the timing on the slider to give more time to read each one.

[Previous newsletters are archived here](#).

Coming Soon

I'll soon be writing a review of the recently released book *Restorative Yoga for Ethnic and Race-Based Stress and Trauma*, by Gail Parker, Ph.D. The Kindle edition was released in mid-June and the paperback will be available on August 21. This is an extraordinary resource! You do NOT have to be interested in yoga at all to benefit from this important contribution to current conversations. Octavia Raheem, the yoga teacher who introduced me to restorative yoga, wrote the Foreword.



Spiritual Direction, Coaching & Restorative

Yoga

My professional practice includes three primary support options:

Trauma-informed **spiritual direction** is for anyone who wants a compassionate witness and companion to help you explore a deeper connection with your sacred core, to wonder with you as you sort and sift your life, or to journey with you as you “bring the exiles home,” those parts of ourselves we reject.

Spiritual direction can focus “simply” on the journey itself or on developing a spiritual practice (mindfulness, meditation, breathing, etc.). Often folk do both.

[Click here for more information on spiritual direction.](#)

Coaching, while grounded in the core practices of compassion and non-judgment of spiritual direction, adds goal-setting, developing skills and best practices, and implementation as a focus. In this relationship we partner together to move “from awareness to action.” [Click here for more information on coaching.](#)

Restorative yoga is “embodied spiritual direction;” your breath is your primary director. This practice involves a deep noticing of our bodies in an attempt to befriend the parasympathetic nervous system (“rest and digest”) through breathing techniques, mindfulness, and guided meditations (savasana and yoga nidra). [Click here for more information on restorative yoga.](#)



Social Media Links

My social media links are below. I'm starting to post more regularly and "likes, loves, comments and follows" are always helpful.



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