

Journal Prompt

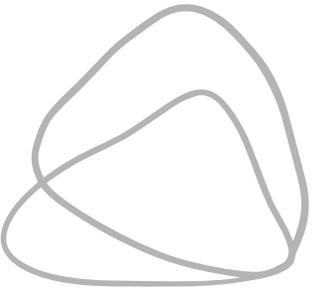
Examining Identities: Following your "Identities" meditation practice, write what words, emotions, expressions of identity you thought of in your practice.

YOGA IDENTITY

PERSONAL IDENTITY

"OM" IDENTITY





The language of Sex, Gender, & Identity

Here are a list of terms we will use throughout the course.

Gender: A social construct used to classify a person as a man, woman, or some other identity. Fundamentally different from the sex one is assigned at birth; a set of social, psychological and emotional traits, often influenced by societal expectations

Gender Binary: a classification system consisting of two genders, man and woman.

Sex Binary: The conceptualization of sex as consisting of two opposite non-overlapping categories, such as male or female.

Gender Identity: One's innermost concept of self as man, woman, a blend of both or neither – how individuals perceive themselves and what they call themselves. One's gender identity can be the same or different from their sex assigned at birth. (Does not imply interests – such men enjoying sports).

Gender Expression: The external manifestations of gender, expressed through such things as names, pronouns, clothing, haircuts, behavior, voice, body characteristics, and more.

Cisgender/ Cis: A term that describes a person whose gender identity aligns with the sex assigned to them at birth.

Transgender: This includes people whose gender identity is different from the sex they were assigned at birth. “Trans” is often used as a shorthand.

- AMAB/AFAB: Acronyms for assigned male at birth and assigned female at birth.
- MTF / FTM: An abbreviation MTF (male-to-female) or FTM (female-to-male) indicates both a type of trans (transgender) identity and the direction of physical transition that a person can make either socially or with medical assistance through hormone therapy and surgery.

Transfeminine and transmasculine: may be used by individuals to describe an aspect of femininity or masculinity within their identity.

- Transfeminine may be used by individuals who were assigned male at birth but align more closely with femininity, while not necessarily fully identifying as a woman.
- Transmasculine may be used by individuals who were assigned female at birth but align more closely with masculinity, while not necessarily fully identifying as a man.



The language of Sex, Gender, & Identity

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Non-binary: used as an umbrella term, encompassing many gender identities that don't fit into the male-female binary.

- **Agender:** A person who is agender sees themselves as neither man nor woman, has no gender identity, or no gender to express.
- **Bigender:** people oscillate between two distinct genders by way of gender expression; everything from appearance, mannerisms, and behavior to voice pitch, personal interests, and activities can shift from moment to moment.
- **Gender Expansive/Gender Non-conforming:** An umbrella term sometimes used to describe people who expand notions of gender expression and identity beyond perceived or expected societal gender norms. Some gender-expansive individuals identify as a mix of genders, some identify more binarily as a man or a woman, and some identify as no gender (agender).
- **Gender Queer/Gender Fluid:** Describes a person who does not consistently adhere to one fixed gender and who may move among genders.

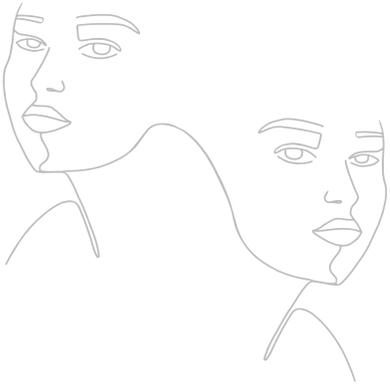
Androgynous: Androgynous is the descriptor for androgyny and someone who is androgynous has both masculine and feminine characteristics - this is not to say specifically that the person has male and female genitalia, but that the person exhibits behaviors, emotions, or traits that are considered to be masculine or feminine.

Gender Dysphoria (Formerly referred to as Gender Identity Disorder) (DSM-5) describes when a person identifies as a different gender than the one they were assigned based on their birth sex.

Gender Affirming Hormone Therapy (GAHT) that is, hormones that align with their gender identity rather than the sex they were assigned at birth.

Gender confirmation surgery: A treatment for gender dysphoria which changes the physical appearance and function of a person's genitals to bring them into alignment with their gender identity.





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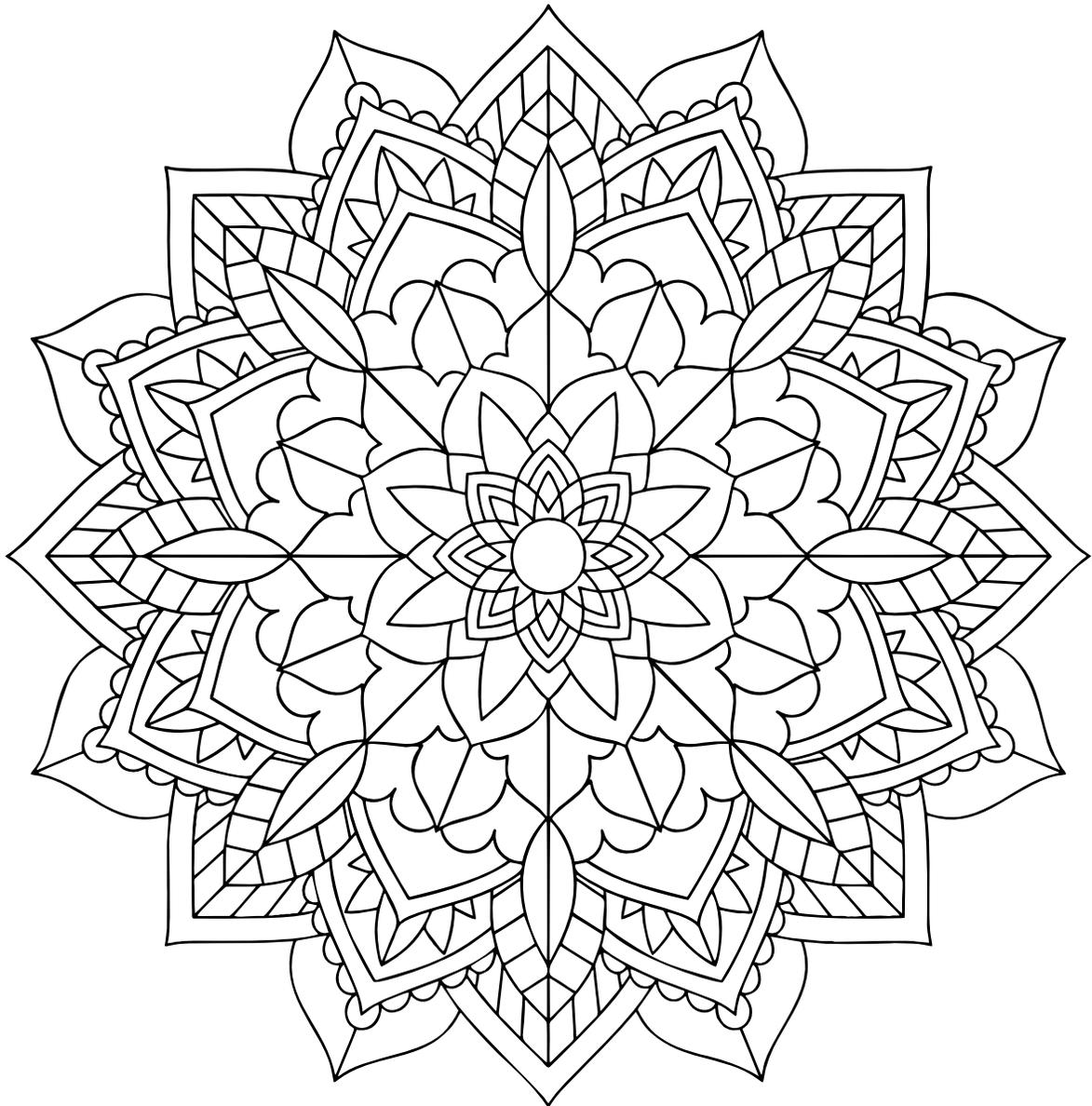
Take 5 minutes to free write how you would define your gender identity. Draw, write, color, place lyrics to songs. Remember that gender identity does not need to fit into binary boxes or live within the confines of written language.



Mandala Practice

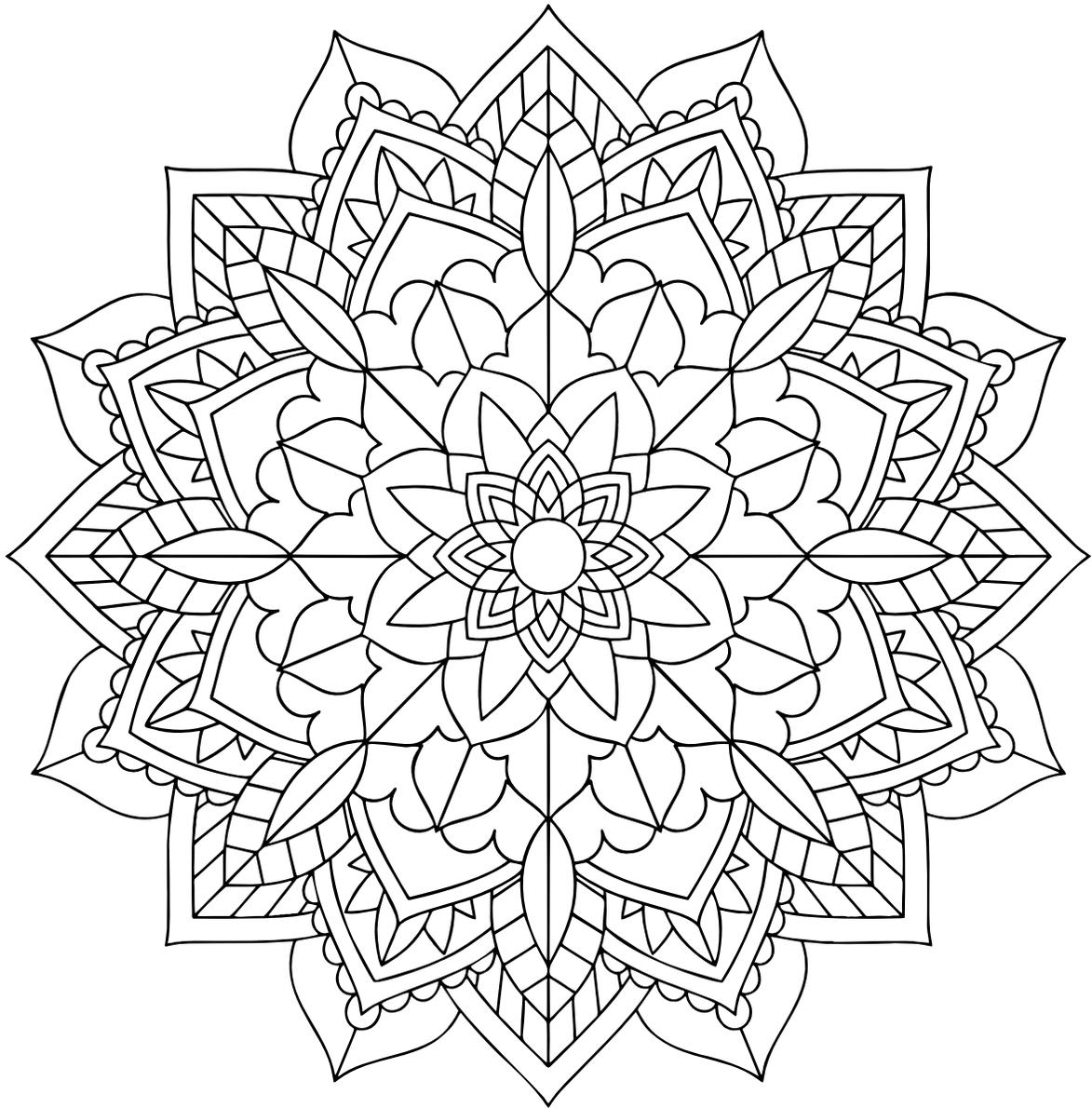
This mandala is an example of Gender Expression. While each of us could represent this mandala (meaning we all have a body), the way in which we express ourselves is very different.

Spend some time coloring this picture. But when you pick a color to fill in a space write down why you chose it. Remember that there is no right or wrong. You get to set the color scheme as your personal key to expression.



Mandala Practice 2

Let's return to the mandala. But this time what if it represented your Yoga Teacher Identity? How would you color it differently? Or would you? Write your color selections and make a note of why you chose those colors for that part of the mandala.





Journal Prompt

Use this space for your answers to the Expressing Identity Video.

What identities have continued to emerge throughout your training? (Are there themes to these identities? Community, connection, "Seeness")

What is the larger Identity theme?

Who is a person (real, Fictional, alive, or Dead) that you admire, have been mentored or influenced by and what are their overarching identities? What is their dharma identity or larger identity?





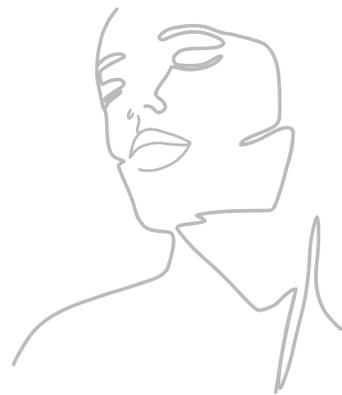
Journal Prompt

Use this space for your answers to the Expressing Identity Video.

What is the type of yoga community you are drawn to? What identities of yoga are you drawn to? (Examples: Contemplative, social Justice, global connection).

think of a yoga teacher or teachers that you are drawn to? What are their identities? How do they reflect your greater dharmic identity? What do you have in common? What is different between you and them?

How am I developing my identities? How do I want to change what identities I have attached myself to?





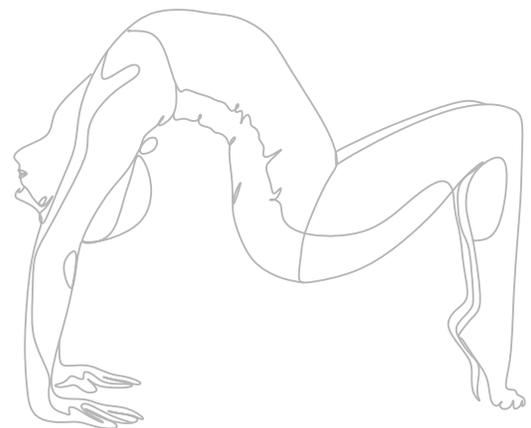
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Yoga Application

Take a look at the 4 areas of application of sex, gender, and identity in yoga. What are some actions you can take right now to impact more inclusive talk, practice, and community?

SELF

STAFF

STUDIO

COMMUNITY

