

# GRAND ROUNDS

Thursday, March 30, 2023

Location: Zoom (please [RSVP](#) for link)

4:30pm- 6:00pm

Please RSVP [here](#) or to

[bioethics@stonybrookmedicine.edu](mailto:bioethics@stonybrookmedicine.edu)

## Exercise for the Embodied Ethic: *kriya yoga* for the development and sustenance of virtue

**Sarah K. Greco, MA, C-IAYT, E-RYT 500, YACEP**

Wouldn't you agree that being a good person is better when you reside steadily in a 'felt sense' of knowing that you ARE good, and that you've done the *right* things.

You practice being a good person and doing the right thing, especially as a professional. The 4 Medical Principles help to guide and validate your choices and experiences, which are informed by a pre-reflective *embodied ethic*, or *ethical second nature*. Immersed from birth into a world of right and wrong, good and bad, moral and ethical interactions have profound impact on your well-being. Moral and ethical successes can create a "peace of mind," while being involved, even as a witness, to an unethical action can disrupt rest and "keep you up at night."

If there was a practice to strengthen, refine and further develop your embodied ethic or ethical second nature, would you do it?

Thousands of years ago, Indian sages were aware that moral and ethical training served as a foundation to the deeper work of meditation that achieved liberation from suffering. Patanjali's Yoga Sutras describes a practice of *kriya yoga* (union with action) – an activity that can help to attenuate corruption. By means of *tapas* (heat, discipline), *svadhyaya* (textual and self study) and *Isvara pranidhana* (aspiration toward a moral ideal), practitioners engage physical and mental activities informed by the 5 restraints or Yama. They are non-harm/*ahimsa*, truthfulness/*satya*, non-stealing/*asteya*, temperance/*brahmacharya*, and non-coveting/*aparigraha*. The practice of *kriya yoga* supports a person becoming more authentically compassionate, honest, respectful, conscientious, and generous – 5 virtuous qualities.

How does Yoga provide an exercise for the embodied ethic and support the development and sustenance of virtue?

Come to experientially explore to the possibility yourself!

During this session, you will be invited to participate (or observe) the yoga and meditation practice and share your observations, insights and awareness. No prior yoga or meditation experience is necessary. Movement and positions are adaptable to whatever you are wearing and wherever you are. Your experience will be enhanced if you can be somewhere private and quiet.



**Sarah K. Greco, MA, C-IAYT, E-RYT 500, YACEP**

**Phoenix Rising Yoga Therapist and Lead Faculty Trainer**

With a 20+year professional background in wellness and yoga and 10+years with Phoenix Rising Yoga Therapy, Sarah is a lead faculty trainer and serves as Dean of Students for Phoenix Rising Yoga Therapy's IAYT-accredited yoga therapy training program. She holds a Master of Art's degree from Stony Brook University School of Medicine in the field of Medical Humanities, Compassionate Care and Bioethics. Sarah continues in association with Stony

Brook with plans to offer a new course, "Foundations for a Humanistic Physician: An eastern practice for a western healer" during Summer Session II in 2023.