

A Trauma-Informed Approach to Yoga

Saturday, April 27, 2024

Learning Objectives

1. *Understand the link between trauma and symptoms.*
2. *Understand the body's stress cycle, including the brain, body, and nervous system response to trauma.*
3. *Understand the role of yoga and mindfulness in healing from trauma.*
4. *Develop somatic practices that can aid in processing trauma.*
5. *Develop internal boundaries, intuition, and confidence that support your personal practice.*

Agenda

9:30-10:30	Opening Circle
10:30-11:30	Basics of the Brain and Body's Trauma Response + Embodiment tools for release & integration
11:30-12:00	Gentle Yoga Practice
12:00-1:30	Lunch Break
1:30-2:00	Completing the Stress Cycle
2:00-2:20	Embodiment Group Discussion
2:20-3:00	Coping with Burnout, Overwhelm, & Compassion Fatigue
3:00-3:30	Autonomy and Boundaries in Movement Practices and Beyond
3:30-4:00	Self Care Plan and Reflection
4:00-5:15	Full Yoga Class & Closing Circle

A Trauma-Informed Approach to Yoga

Sunday, April 28, 2024 (yoga teachers only)

Learning Objectives

- 1. Become aware of ways in which a yoga class environment and instruction can be distressing for students.*
- 2. Understand changes we can make to provide more accessible and inclusive yoga experiences.*
- 3. Understand what we can do if a student is showing signs of emotional distress.*

Agenda

9:30-10:00	Movement
10:00-10:30	Opening Circle
10:30- 11:55	Consent, Touch, Language, Intentional Use and Non-Use of Props
11:55-12:15	Guided Yoga Movement
12:15-1:45	Lunch Break
1:45-2:45	Small Group Practicum
2:45-4:15	Power Dynamics and Scope of Practice, and Homework Introduction
4:15-5:15	Yoga Class and Closing Circle