



April 7-10, 2016
Module 1 - Calgary, AB

*Integrating Yoga
Therapy, Somatic
Experiencing™,
trauma
neuroscience and
attachment
theory to increase
safety,
embodiment,
choice, voice and
empowerment for
trauma survivors*

VENUE

Mandorla Yoga Institute
1429 – 17th Ave SW, Calgary, AB

TRAINERS

Caroline Owen, BA, E-RYT500 and
Sarah Schlote, MA, RP, CCC, SEP

Early bird rate:

\$595 + tax (deadline February 7)

Regular rate: \$675 + tax

REGISTRATION DEADLINE:

MARCH 7, 2016

To register: 705-639-8937 or
wavelengths@gmail.com

Trauma-Informed Yoga Training

Many trauma survivors seek out yoga and meditation to support them in their healing journey. However, without the proper awareness or safeguards in place, these practices can be re-traumatizing and lead to many adverse effects. Focusing on the breath, body or certain intentional movements or positions can trigger postural or procedural memories, emotions or physical sensations that are painful or overwhelming. Some students may find themselves discouraged, upset, or coping by bottling up, overriding or dissociating, reluctant to return.

- Explore the neuroscience of trauma, stress and dysregulation
- Find out how yoga, mindfulness and meditation can backfire
- Identify ways to minimize risk and address activation in class
- Integrate new skills to enhance your existing practices
- Learn tools to support your own self-regulation and self-care
- Deepen your ability to maintain boundaries while fostering therapeutic presence for students and clients

Part professional development training and part personal growth workshop, this compassionate and practical East meets West experiential learning opportunity appeals to new and seasoned yoga teachers, mindfulness instructors and therapists alike.

www.traumainformedyoga.ca

