

October 22-25, 2015

Sugar Ridge Retreat Centre • Wyebridge, Ontario



Trauma-Sensitive Yoga Training

...for yoga teachers, mindfulness
instructors and therapists

Many trauma survivors seek out yoga or mindfulness to support them in their healing journey. However, without the proper awareness or safeguards in place, meditative practices can be unintentionally re-traumatizing. The act of becoming more present through focus on the breath or the body can trigger memories, emotions or physical sensations that are too painful or overwhelming, leaving some students discouraged, upset or coping by bottling up, overriding or dissociating, reluctant to return.

Combining the principles of **yoga therapy** and **Somatic Experiencing™**, this training will allow you to:

- Explore the neuroscience of trauma, stress and emotional dysregulation
- Find out how yoga and mindfulness practices can backfire
- Identify ways to minimize the risk of triggering trauma responses
- Integrate new skills and practices to enhance your existing approaches

Come explore how to incorporate trauma-informed principles in your work, alternative practices that may be less activating, and other considerations for increasing safety, stabilization, choice, voice and control.

Discover concrete ways to create a safer and more empowering experience for students and clients!

Early Bird Rate:

\$425 + HST

(\$495 + HST after Aug 14)

Facilitators:

Caroline Owen, BA, E-RYT 500

www.wavelengthsyoga.com

Sarah Schlote, MA, CCC, SEP

www.healingrefuge.com

To save your spot:

Contact Caroline at (705) 639-8937 or

wavelengths@gmail.com

Contact Sugar Ridge for affordable accommodations and meal plans.

