

# Trauma Sensitive Yoga Training for Yoga Teachers:

Concrete and core principles for creating a safe environment  
for those who experience trauma, anxiety or overwhelming emotions

*with Caroline Owen and Sarah Schlote*

**Sat Oct 18** 12-6 pm & **Sun Oct 19** 9 am-5 pm

**\$195 + hst (optional workbook will be available for \$20 + hst)**

Many of us seek out yoga to support us in our personal study, growth and healing. However, for some people, becoming more mindful and present through the focus on breath or body can trigger memories, emotions or physical sensations that may be painful or overwhelming. This may leave some students discouraged, upset, or coping by bottling up, overriding or dissociating, reluctant to return to practice.

**This workshop is intended for yoga teachers to explore:**

- the neurobiology of trauma, stress and emotional dysregulation
- the effects of trauma in you and your students
- the ways in which certain yoga or meditation practices may have adverse effects
- ways to minimize the risk of retriggering a traumatic response

Through discussion, case examples and experiential exercises, you will learn how to incorporate trauma-informed principles into your teaching, explore alternative practices that may be less triggering, and other methods of increasing safety and emotional stability by fostering an environment that emphasizes student's voice, choice and control.

*Caroline Owen, BA, E-RYT-500, has travelled to India, Thailand and North America to study Yoga, Thai Massage and Yoga Therapy with renowned teachers. She is the owner of Wavelengths Studio in Norwood, Ontario and offers teacher trainings, workshops, classes, and outdoor adventure and yoga retreats in Canada and abroad. You will often find her in the wilderness paddling with her canoe or trekking the backcountry on horseback, her travel guitar never far off! For further information about Caroline, check out her website: [www.wavelengthsyoga.com](http://www.wavelengthsyoga.com)*

*Sarah Schlote, MA, CCC, SEP is a Guelph-based psychotherapist and Somatic Experiencing Practitioner who uses an integrative approach grounded in the latest neuroscience of trauma, attachment, addictions and emotional dysregulation, that fosters healing of the body, mind and emotions. She offers personal and couples therapy, custom trainings and workshops. She loves horses and offers equine therapy as well! For further information about Sarah, check out her website: [www.healingrefuge.com](http://www.healingrefuge.com)*



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