

Trauma-Sensitive Yoga Training for Yoga Teachers:

Core principles for making yoga safer for clients with trauma,
sexual abuse, anxiety or overwhelming emotions

Discover concrete ways to create a safer and more welcoming environment for students!

Many trauma survivors seek out yoga to support them in their healing journey. However, without the proper awareness or safeguards in place, yoga can be unintentionally retraumatizing. The act of becoming more mindfully 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.

This workshop is intended to help yoga teachers to:

- Understand the neurobiology of trauma, stress and emotional dysregulation
- Learn about the effects of trauma on themselves and their students
- Find out why certain yoga and mindfulness practices can backfire
- Identify ways to minimize the risk of triggering trauma responses in a yoga class

Through lecture material, case examples and experiential exercises, participants will learn how to incorporate trauma-informed principles in their yoga teaching, alternative practices that may be less triggering or activating for students, and other considerations for increasing safety, stabilization, choice, voice and control. Please bring your own lunch or inquire about dining options in the area. Dress comfortably and bring your yoga mat and any other items that will increase your comfort (blanket, pillow, etc.).

Pre-requisites: Participants must be enrolled in, or have completed, a yoga teacher training of at least 200 hours.

Wavelengths Yoga Studio
April 5, 2014 (12-6pm)
April 6, 2014 (9-5pm)
2351 County Road 45, Norwood, ON
(Peterborough area)
\$195.00 per person

*This 2-day seminar counts towards the completion of the 300-hour advanced Wavelengths Yoga Teacher Training. A certificate of **Continuing Education Credits** is also available for Yoga Alliance-registered teachers (RYT-200 and RYT-500).*

Caroline Owen, BA, E-RYT500 has traveled to India, Thailand, and all over North America to study with renowned masters of the ancient healing arts of Yoga, Thai Yoga Massage and Yoga Therapy. She offers yoga teacher trainings and is launching a new 200-hour trauma-sensitive yoga teacher training in fall 2014.
wavelengths@gmail.com
<http://www.wavelengthsyoga.com>



Sarah Schlote, MA, CCC, SEP is a psychotherapist and Somatic Experiencing Practitioner who works with the body and emotional dysregulation to heal from trauma, attachment injuries, and addictions. She offers personal and couples therapy, case consultations, custom trainings and workshops.
<http://www.healingrefuge.com>

To register: (705) 639-8937 or <http://www.wavelengthsyoga.com/trauma.html>