



Halifax, NS - June 8-11, 2017

Hosted by Yoga Atlantic | *Special Member Discount*
Continuing Education Credits with Yoga Alliance

Integrating principles drawn from neuroscience, yoga therapy, attachment theory, somatics and trauma-informed care to increase safety, embodiment, choice, voice and empowerment for trauma survivors

VENUE

Dalhousie University
Student Union Building Room 303

TRAINERS

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

Early bird rate:

\$595 + tax (deadline May 8)

Regular rate: \$675 + tax

Yoga Atlantic Members: 10% off

TO REGISTER

Contact Caroline Owen:

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 concrete ways to minimize risks
- Integrate new skills and principles into your teaching to adapt and enhance your existing yoga styles
- 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 and mindfulness instructors alike.

www.traumainformedyoga.ca

