Trauma-Informed Yoga
for Health Professionals and Teachers

This 1-day, 6-hour, YogaX workshop helps yoga teachers and health professionals make yoga practices accessible to students with histories of trauma-related symptoms. Trauma-informed yoga (TIY) is a form of yoga adapted to meet the unique needs of individuals working to overcome trauma. Although yoga is often considered a healing practice, yoga that is not designed to meet the needs of students with histories of trauma may inadvertently increase reactivity and activate symptoms. This TIY workshop aims to:

- Provide basic background about trauma and the many ways in which trauma may reemerge for students in yoga classes
- Teach instructors adaptive ways to help students ameliorate trauma-related symptoms by creating a safe, tailored practice that teaches how to respond, rather than react, to symptoms and circumstances
- Explore TIY guidelines, current research on trauma, and its application to yoga as an integrative health practice

This workshop offers hands-on learning and application of TIY principles. Activities include small-group-based practice, individual guidance, and didactics. Handouts will be provided.

| Logistics | Saturday, December 7th, 2019; 9a to 4p (1-hour lunch break)
|           | Room 115/117 Page Mill Road near the Stanford Campus
|           | 291 Campus Drive, 1st Floor

| Instructors | Lauren Justice, PhD, E-RYT500; clinical psychologist and yoga instructor
|             | Heather Freeman, PsyD, RYT500; YogaX program manager and yoga teacher

| Purpose | To teach principles and strategies of trauma-informed yoga to help teachers meet the unique needs of this special population of yoga practitioners

| Cost | $150 (includes 6 CEUs from Yoga Alliance for those who are certified yoga teachers)
|      | Scholarships are available for those with financial need

| Yoga Skills | This workshop is directed to yoga teachers, as well as healthcare professionals who integrate yoga strategies into their scope of practice

| Registration | To sign up for participation, email yogaxteam@stanford.edu or visit our website at https://www.yogaxu.com/classes-and-workshops

All instruction will take place on the floor. Participants are best served by dressing in layers for light to moderate activity. Yoga props (mats, blankets, bolsters, blocks, etc.) are provided. Participants are encouraged to bring a towel and bottled water. Liability waivers will be provided at the start of class.

“My belief is in the blood and flesh as being wiser than the intellect. The body-unconscious is where life bubbles up in us. It is how we know that we are alive, alive to the depths of our souls and in touch somewhere with the vivid reaches of the cosmos.”

-D.H. Lawrence