

Trauma Aware



Yoga

What Is Trauma Aware Yoga?

Anxiety, depression, behavioral issues, relationship stress, and health issues are often the result of unresolved trauma. The goal of a trauma aware yoga practice is to build resiliency and establish greater self regulation. It is about feeling safe and at-home in our bodies so that we can feel stable, have good self-esteem, and healthy relationships. A trauma aware yoga practice is sensitive to the needs of a participant with trauma symptoms and offers them tools to feel empowered and self aware.

Trauma aware yoga has six unique characteristics from traditional yoga classes:

1. The pace of of the class is very gentle.
2. Cueing participants in forms/shapes as opposed to poses/asanas.
3. Use of breath work is self guided rather than prescribed with movements.
4. Teaching mindfulness and meditation to regulate emotions and thoughts.
5. Individual or small class size.
6. Language of yoga class; allowing participants choice and invitation to take forms/shapes that reference physical sensations within the body.

To learn more, schedule a free 30-minute confidential consultation with the Trauma Aware Yoga Instructor at Mindful Movements Studio, which you can schedule at a time that is convenient for you. You can use the consultation to discuss what classes or private practice might be best suited for you.

Schedule a private consultation, please call the studio
(613) 968 - 1166 or email: lisakwarriner@gmail.com