



Trauma Sensitive Yoga

8-Week Program for Women

Have you experienced trauma?

Often our body can remain in a fight or flight response long after we have left the traumatic experience or dangerous environment. Trauma Sensitive Yoga allows us to explore the connection with the body through mindfulness, breathing, and gentle yoga exercises.

- *Explore the connection between body and breath*
- *Build spatial awareness and orientation*
- *Learn to make choices that are comfortable and appropriate*
- *Learn ways to help with relaxation*
- *Create positive change for the future*
- *Safe, supportive and non-judgmental environment*
- *Receive a USB with recorded audio for home practice*
- *Mats and blankets are provided*

When: Wednesdays 5:00pm – 6:30pm

January 18th – March 8th 2017

Investment: \$249 (includes GST)

Location: Cascadia Consulting

755 Queens Ave, Victoria, BC

****Ask your therapist for a referral.***

This is a modified yoga program based on David Emerson's Trauma Sensitive Yoga at the Trauma Centre at Justice Resource Institute, Boston, MA, USA.

Trauma Sensitive Yoga: 8-Week Program for Women

Meet the Practitioner



Tracy Stoessiger is a certified and registered yoga teacher whose journey has taken her to learning about trauma and the proven and beneficial effects yoga has for those experiencing symptoms of PTS(D). She has trained with Trauma Sensitive Yoga Australia and Yoga Outreach (Vancouver) whose trainings are recognized through David Emerson and Bessel van der Kolk's Trauma Sensitive Yoga protocol (Trauma Center at JRI in Boston, MA). Tracy has guided returning war veterans, refugees, cancer patients, and animal welfare workers through yogic and mindful practices.

Tracy is currently the Coordinator of Health, Safety & Training at the BC SPCA and is also a certified Mental Health First Aid attendant.



Trauma Sensitive Yoga Information

8-Week Program for Women

Why Trauma Sensitive Yoga for Trauma?

Judith Herman states that Trauma Sensitive Yoga can help “restore a sense of power and control to the survivor.” It is imperative to befriend one’s bodily sensations to overcome the imprints of trauma. Yoga prioritizes making connection at the somatic level, and then moving from that entry point to addressing emotions and cognitions.

How does Trauma Sensitive Yoga (TSY) class differ from a studio yoga class?

The following are the domains of a TSY class:

- 1) Language – The language of inquiry is used; thus never prescribing or limiting an experience for a student.
- 2) Assists – There are zero physical assists. Suggestions are made verbally and visually.
- 3) Teacher – Simple appearance, no praising of students nor singling out, and no names are used throughout the class. The teacher also remains in one spot.
- 4) Environment – No changes are made without consulting or notifying students. Lights remain on, there is no music, and any environmental changes to be made will be communicated (eg. “I am going over to close the door now.”)
- 5) Exercises – Movements are gentle and not acrobatic. It’s about being curious, accepting and also playful.

Key Themes of Trauma Sensitive Yoga

- 1) Experiencing the Present Moment
 - a. Physical and body-based, not intellectual
- 2) Making Choices
 - a. Students have control over what they’re doing
- 3) Taking Effective Action
 - a. Actively doing something that makes us feel better, safer, more comfortable or in control
- 4) Creating Rhythms
 - a. Intrapersonal – matching breath and movement
 - b. Interpersonal – moving in synchrony with self and others
 - c. Time-duration – using the countdown

Trauma Sensitive Yoga Protocol – How the 8-week program is designed

- 1) Having a Body – mechanical movements
 - 2) Befriending the Body – language of inquiry and language of invitation
 - 3) Body as a Resource – self-regulation tools such as breath work
-

Based on David Emerson's Trauma Sensitive Yoga at the Trauma Centre
at Justice Resource Institute, Boston, MA, USA.

