

Trauma-Informed Approaches to Teaching

A Workshop for Yoga Teachers and Treatment Professionals

with Melissa Matt, M.A., RYT500



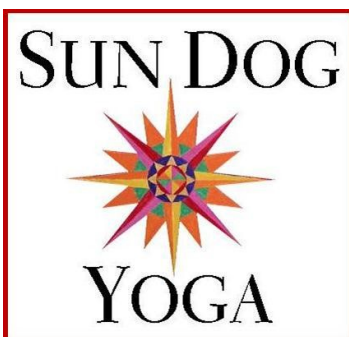
Sunday, April 22, 2018... 2:00-4:00pm

\$40 fee if paid by April 21...\$45 day of workshop

No one is immune to the impact of trauma. Trauma affects individual students, their families, and communities by disrupting healthy development, adversely influencing relationships, and contributing to mental health issues. Exposure to trauma increases the likelihood of substance abuse/addiction, domestic violence and physical abuse, eating disorders, depression, anxiety, and rates of incarceration. We are all impacted when a community produces multi-generations of people with untreated trauma, resulting in increases in crime, loss of employment/wages, and instability of the family.

Being a "trauma-informed" yoga teacher means recognizing that students often have (or have experienced) trauma in their lives. Those who have endured trauma need a compassionate and supportive community to create trust and promote healing. The goal of this workshop is to help you to provide teaching and support that leads to a trauma survivor's increased resilience, sense of control, and self-empowerment.

We will discuss understanding, recognizing, and responding to the effects of various types of trauma. Trauma-informed care also emphasizes ensuring physical, psychological, and emotional safety for your yoga students.



Enroll in this insightful workshop today!

Sign up online on our "Workshops" page at sundogyogastudio.com, or see us at the front desk.

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