

Hatha Yoga Teacher Training (HYTT) 300-Hour Program

Course Outline: Yoga for Everyone and Trauma-Informed Practice

Core Module – 20 Hours

COURSE DESCRIPTION

This course will explore themes of inclusion and safety to build skillfulness among teachers. Holding space is a continual learning process. Although teachers show up with positive intent, something may be amiss in the process. Many folks do not feel welcome and/or face obstacles to participate, and people can be adversely affected by what happens in yoga classes. Through discussion about the dynamics of power and privilege, participants will learn more about systems of oppression, and pathways to personal and collective liberation to offer yoga in a way that honours the tradition and respects the full spectrum of human diversity.

Everyone has been touched by trauma in some way, and there is an urgent need for trauma-sensitive yoga. Creating a container with protocols for safe practice can support students in using yoga as part of their healing process. This course will explore the language of invitation and inquiry to encourage choice and autonomy in yoga practice. An atmosphere of allowing where options are offered throughout a class instead of relying on blanket statements (such as, “listen to your body”) at the beginning of class can empower students to adapt according to their unique needs. We will explore issues related to: potential triggers; assumptions; praise and competition; and the subtleties of consent and hands-on adjustments.

Accessibility can be a challenge; this is an opportunity to examine these topics free of judgment. By exploring strengths-based approaches to yoga, teachers can be well resourced in serving diverse populations. Coursework will also focus on supporting yourself to serve in a sustainable way and addressing issues that may arise (such as, negotiating boundaries, dealing with burnout, etc.).

LEARNING OBJECTIVES

1. Build awareness about accessibility and the importance of strengths-based approaches to learning.
2. Develop a cursory understanding of trauma and how to design yoga classes that are trauma-informed.
3. Explore essential teacher qualities and best practices for setting boundaries and prioritizing self-care.



PRE-ASSIGNMENT

Required

This Is What Yogis Really Look Like – Setu

<https://greatist.com/fitness/setu-i-see-you-yoga-video>

Yoga and Cultural Appropriation – Roopa Singh

<http://ybicoalition.com/roopasingh/>

Can Yoga Really Help Us Heal Trauma? – Molly Boeder Harris

<https://www.thebhaktishop.com/bhaktimusings/canyogareallyhelpushealtraumabymollyboederharris>

Healing Trauma with Yoga, Meditation and Deep Rest – Dr. Richard Miller

<https://player.fm/series/medicine-path-podcast/ep-17-healing-trauma-with-yoga-meditation-deep-rest-with-richard-miller-phd>

POST-TRAINING ASSIGNMENT

Answer a set of essay questions.

ENROLLMENT

This course is open to all yoga teachers with a minimum level of 200-Hour teacher training or equivalent (any style).

COURSE COST

\$325 + HST