

**Hatha Yoga Teacher Training (HYTT) 300-Hour Program**  
**Course Outline: Yoga for Everybody 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 individual and collective liberation. We can offer yoga in a body positive way that 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.

---

*LEARNING OBJECTIVES*

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

*PRE-ASSIGNMENT*

Required

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>

Optional

Yoga Rising: 30 Empowering Stories from Yoga Renegades for Every Body – Melanie Klein

Overcoming Trauma through Yoga: Reclaiming Your Body – David Emerson and Elizabeth Hopper

---

*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