

Course Outline: Yoga for Everyone and Trauma-Informed Practice
Hatha Yoga Teacher Training (HYTT) 300 Hour Program
Core Module – 20 Hours

DESCRIPTION

This course explores themes of inclusion and safety to build skillfulness among teachers. Trauma-informed yoga is people informed yoga and holding space is a continual learning process. Although teachers show up with positive intent, something may be amiss. Many folks do not feel welcome and/or face obstacles to participate, and people can be adversely affected by what happens during yoga practice. 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 a vital need for trauma-sensitive yoga and mindfulness. Creating a container with protocols for safe practice can support people in using these tools as part of a recovery process. This course explores trauma in a comprehensive way to understand the impacts and healing potentials. A wide variety of best practices are shared, including the language of invitation and inquiry to encourage choice and autonomy. By creating an atmosphere of allowing where options are offered throughout a class instead of relying on blanket statements at the beginning, students are empowered to see the body as a resource and adapt according to their unique needs. This course also unpacks issues related to: potential triggers; assumptions; praise and competition; and the subtleties of consent and hands-on adjustments.

By integrating strengths-based approaches and trauma-informed protocol, teachers can show up well resourced to guide students in developing skills for self-regulation and resilience. Coursework also focuses on supporting yourself by prioritizing self-care and community care, defining a clear scope of practice, and actively addressing issues that may arise. This is an experiential learning opportunity designed to build on current capacities and empower sustainable service.

LEARNING OBJECTIVES

1. Gain awareness about inclusion and the importance of strengths-based approaches.
2. Develop an understanding of trauma and how to design trauma-informed offerings.
3. Build care capacities to address issues as needed and serve in a sustainable way.

PRE-TRAINING ASSIGNMENT

Required

Read: *Skill in Action: Radicalizing Your Yoga to Create a Just World* by Michelle Cassandra Johnson. This book is available at PranaShanti Yoga Centre and online.

<https://www.michellecjohnson.com/skill-in-action-book>

Read: Trauma and Social Justice: Why We Can't Talk About One Without the Other by Hala Khouri from Off the Mat, Into the World

<https://www.offthematintotheworld.org/blog/2019/3/21/trauma-and-social-justice-why-we-cant-talk-about-one-without-including-the-other>

Watch: I See You from Setu (a yoga community dedicated to promoting and advocating inclusivity in yoga) vimeo.com/294821712

Listen: Healing Trauma with Yoga, Meditation and Deep Rest. Medicine Path Podcast with Brian James and Richard Miller, PhD. <https://player.fm/series/medicine-path-with-brian-james/ep-17-healing-trauma-with-yoga-meditation-deep-rest-with-richard-miller-phd>

Listen: Trauma-Sensitive Mindfulness Podcast – Episode 1 with David Treleaven, PhD and Will Kabat-Zinn. <https://davidtreleaven.com/podcast-2/>

POST-TRAINING ASSIGNMENT

Answer a set of essay questions.

ENROLLMENT

This course is open to all yoga teachers with 200 hour level training. Educators, social workers, healing practitioners, clinicians and other direct service providers who are integrating yoga into their work are also welcome to participate.