

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

DESCRIPTION

Everyone has been touched by trauma in some way, and there is a vital need for trauma-sensitive yoga and mindfulness. Holding space is a continual learning process, and an environment is not safe just because an instructor says so. Although teachers show up with positive intent, something offered may have an unexpected impact.

Many folks do not feel welcome and face obstacles to participate, and people are often 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 collective liberation to offer yoga in a way that honours the tradition and celebrates the full spectrum of human diversity.

By understanding the connections between social justice and trauma, we can take skillful action. This course explores trauma in a comprehensive way to understand the impacts and healing potentials. A wide variety of best practices and protocols are shared to create spaces that are genuinely inclusive and supportive. Trauma-sensitive tools for self-regulation and resiliency can be applied to any style of practice.

Participants will develop a trauma-informed lens and come away with resources to integrate into their own lives and to support the well-being of others. This course is an experiential learning opportunity designed to build on current capacities and empower sustainable service.

LEARNING OBJECTIVES

1. Gain awareness about social justice 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.
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PRE-TRAINING ASSIGNMENT

Required

Read: *Skill in Action: Radicalizing Your Yoga to Create a Just World* or download *Skill in Action: the Workbook* by Michelle Cassandra Johnson. The book and workbook are available online at <https://www.michellecjohnson.com/shop>

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>

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 (details provided during course).

ENROLLMENT

This course is open to the general public. 6 months to 1 year of regular yoga practice is recommended for participation. Educators, social workers, healing practitioners, clinicians and other direct service providers who are integrating yoga and mindfulness into their work are welcome to participate.