

# An Introduction to Trauma Sensitive Yoga

A yoga practice built by and for Complex Trauma Survivors

Since 2003 [The Trauma Centre](#) in Brookline Massachusetts has been offering a very particular form of yoga to survivors of chronic abuse and neglect.

The practice is called **Trauma Sensitive Yoga**.

In this half day workshop clinicians will have an opportunity to explore:

- The *theoretical underpinnings* of the TSY - interpersonal neurobiology, interoception
- The *lived experience underpinnings* of TSY - how to build safety in a yoga class *specific* to trauma survivors
- The experience of both being a yoga student *and* a yoga teacher - teaching practice

The day will make use of slides, as well as inviting participants to into group discussion, reflection and teaching practice - **all participation is invitational and optional**.

- No prior yoga experience is necessary.
- All body types and degrees of health are welcome.
- All clothing will be suitable, including formal work clothes.
- No special yoga equipment is required although you are free to bring your own mat

***Please note that this day is intended as an educational day for clinicians and not a therapy experience. Talking about trauma, even in the context of an educational day, may be challenging. You are invited to take care of yourself in any way you need.***

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**“Just inhabiting my own skin is a major step forward....My not being able to get into my own skin was something that I did early on just to survive.**

**I just really suddenly got the idea that I have a body and that I have control over it and that I’m the one that decides what my body does or doesn’t do.”**

— TCTSY Student

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Friday 18th May

9:30am - 12:15pm

[Charles Hastings Education Centre, Charles Hastings Way, Worcester WR5 1DD](#)

## **Booking**

Please contact **Jenny Dale** on:

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