

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 one day workshop participants 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.

Please wear any clothing you find comfortable & which doesn't restrict your movement - T shirt, jogging trousers, jeans, hoodies. You are invited to bring any yoga props of your own.

Please note that this day is intended as an educational 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.

“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

Wednesday 28th March

9:30am - 4:30pm

Ritson Hall at Arlington House, [4 North Bailey, Durham, DH1 3ET](#)

Booking

20 Places - 10 Service Users and 10 Staff

First come, first served

Bookings will be taken until **Friday 23rd March**

Please contact **Emma Walton** on:

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