
Yoga Student Comments

“The instructor...would always give everyone the option of doing a pose or not doing it or giving another alternative. At first, I thought this was cheesy, but halfway through, I really started appreciating it because **every movement I make is up to me**....I found that very powerful.”

“Whenever I did [yoga]...I could feel more gentle and compassionate towards [my body]. I could be more gentle in more ways without this ridiculous criticism and hyper focus... could **be with my body and feel safe** and not judgmental...adding a little more space, more gentleness.”

“Seeing that other people also had struggles too, being in the room, being with their body, but we didn't have to talk about it or talk about horrors and stuff, **there was just an acceptance of people are struggling.**”

“...It gave me this sort of breathing space once a week and I could take some of it home,...more of a softness, more of a letting go of having to hold on so tight, **I do want to continue that.**”

“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.**”

Alexandra Cat

Trauma Sensitive Yoga Facilitator

The Yoga Clinic (UK)



The Yoga Clinic (UK) offers a range of services for people who have experienced violence or neglect in their relationships.

www.theyogaclinic.co.uk

Trauma Sensitive Yoga

*A yoga practice built by and
for trauma survivors*

An Introduction to the Theory and Practice of Trauma Sensitive Yoga

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:
(e) emma.walton3@nhs.net
(p) 0191 333 65 50

How Fear Changes Your Body & Brain

When we are threatened & frightened our systems switch into a **survival state**. This is **normal & very useful**.

- **thinking** is shut down - we respond quickly & instinctively
- body systems that help us **run, fight, hide & detect danger** are turned on
- body systems that **aren't needed** for immediate survival are turned off - **digestion, reproduction, repairing & resting**

If we are **repeatedly threatened** our systems often become **stuck in survival mode**.

- we find it difficult to **notice what we feel**, to attend to our needs & think through our choices.
- **sleep, digestion, resting, & healing** are all disturbed. As a result our bodies often become unwell.

This can feel unbearable & make even safe relationships extremely difficult.

Sometimes we can 'switch off' using drugs, alcohol, distracting experiences, 'dissociating' or tightly controlling our lives.

But there are also ways to 'switch on' our sense of **self, safety & choice**. **Trauma Sensitive Yoga** is one of these 'switches'.

Trauma Sensitive Yoga

In TSY classes students are invited to explore how simple yoga shapes & movements **feel**.

There will be opportunities to try out **different versions of the shapes**.

You will be invited to explore making **choices** about which shapes you prefer or need.

“...if you didn't feel comfortable doing something you didn't have to do it..that was a good feeling...”

Noticing feelings & making **choices** is very difficult when we're frightened. For this reason TSY classes prioritise **safety**.

“the group was small...the room felt safe...”

- the yoga teacher won't try to 'correct' your position or touch your body
- classes won't use incense, chanting, religious or spiritual language
- you won't be asked to explain your past or asked why you've come to class
- you'll always be offered **choices & invited** to explore shapes

How to Prepare for the Day

No prior yoga experience is necessary. All body types and degrees of health are welcome.

- Please arrive about 10 minutes early to get yourself organised & settled
- Wear any clothing you find comfortable & which doesn't restrict your movement - T shirt, jogging trousers, jeans, hoodies
- You might want to bring a warmer top for sections where we rest or explore the theory of TSY
- Please switch off mobile phones or place on silent.
- Feel free to bring in water in a closed container
- Feel free to bring your own mat, blanket or any other yoga prop
- Feel free to bring a note pad and pen

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.
