



THE TRAUMA • CONSCIOUS
Yoga Institute

The Trauma-Conscious Yoga MethodSM Teacher Training: Course Outline

*Ancient to Modern Yoga and How Trauma-Informed Care fits in

- Yoga, Social Justice, and Cultural Compassion
- Yoga in the East
- Yoga in the West
- The History of Trauma-Conscious Yoga

*Trauma and the Brain, Body Spirit

- Part One:
 - What is trauma? What makes an experience traumatic for one person and not another? How perception plays a key role.
 - Prevalence of trauma
 - Big T vs Little T trauma
 - Attachment-based wounding and its impact: the residual effects of neglect and shame
 - The Trauma Reactions (categories and presentations)
 - The diagnostic criteria for PTSD
- Part Two:
 - The Triune Brain: What happens to the brainstem, limbic brain, and cortex during traumatic experiences and in the aftermath



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- How Trauma is Stored in the Brain
- Implicit Vs Explicit Memory
- The Goal of Trauma Therapy
- Learned experiences and our neural pathways
- The Overall Impression of Trauma: the brain of the trauma survivor, the psyche of the trauma survivor, the body of the trauma survivor, the spirit of the trauma survivor
- The healing role of yoga and mindfulness practices and their impression on the psyche, brain, body and spirit

*Yoga and the Brain

- The Vagus Nerve and Polyvagal Theory
- Yoga's role in Presence, Attunement and Attachment Repair

*The Trauma-Conscious Yoga MethodSM: How to Embody a Trauma-Informed Yogic Guide

- Principles and Practices
- Somatic Psychotherapy Tools for Integration

*Assessment and Chakra Psychology

*Breath practices for nervous system control- *Pranayamas*

**Mudras*- Yoga in our Hands



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*Meditations for Mind, Body, Spirit Integration

*Yoga Poses- *Asanas*

- Seated poses
- Grounding/Lying Poses
- Standing and Balancing Poses
- Chair Poses
- Restorative Poses

*Clinical Skills- integrating trauma-informed yoga with Somatic Experiencing, EMDR,
Internal Family Systems and Mindfulness Based Cognitive Therapy

- Session Structure and Somatic Invitation
- Engaging in *Asana*
- Couch to floor
- Adaptations for Groups, Couples
- Adaptations for Children



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**Experiential portions are interwoven throughout and include

- Practice of the *mudras*, meditations, *pranayamas*, *asanas*, and daily classes in the The Trauma-Conscious Yoga MethodSM, led by Nityda
- Live Case Demonstrations
- Case Study Practice
- Final Case Presentations

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This is the end of the course curriculum. We partner with Commonwealth Education Seminars to provide mental health professionals with CE's and Yoga Alliance to provide yoga teachers with CE's. What you will find on the upcoming pages is information we are required to list on our website in accordance with the terms of our partnership with Commonwealth Educational Seminars.

AGENDA:

The Trauma-Conscious Yoga MethodSM Teacher Training
Upper Marlboro, MD: March 6, 7, 9, 11

Day 1: 9 a.m.-5 p.m.

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| ● 9-9:30 | Introductions and Weekend Overview |
| ● 9:30-10:30 a.m. | The TCYM SM Practice led by Nityda |
| ● 10:30-10:40 | Break |
| ● 10:40-11:15 | Lecture: Ancient to Modern Yoga |
| ● 11:15-12:15 | Lecture: Trauma & the Brain, Body, Spirit |
| ● 12:15-12:30 | Break |
| ● 12:30-1:00 | Trauma & the Brain, Body, Spirit, cont..... |
| ● 1:00-2:00 | Lunch |



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- 2:00-3:15 Lecture: The TCYMSM: How to Embody a Trauma-Informed....
- 3:15-3:30 Break
- 3:30-4:00 Seated Yoga Poses (begin grounded/lying poses if time)
- 4:00-5:00 Lecture: Session Planning
Pranayamas (if time allows)

Day 2: 9 a.m.-5 p.m.

- 9 a.m.-10:00 The TCYMSM Practice led by Nityda
- 10-10:15 Break
- 10:15-11:30 Lecture: Yoga and Neuroscience: Polyvagal Theory
- 11:30-12:00 Break
- 12:00-1:00 Session Demo and Q&A
- **1:00-2:00** Lunch
- 2:00-3:00 Lecture: Engagement in Asana
Lecture: Chakra Psychology

- 3:00-3:15 Break
- 3:15-4:15 Case Studies
- 4:15-5:00 Pranayamas and/or Grounded/Lying Yoga Poses

Day 3: 9 a.m. to 4 p.m.

- 9:00-9:45 Pranayama and Mudra Practice Led by Nityda
- 9:45-10:00 Break
- 10:00-11:00 Assessment
Case Presentation Prep
- 11:00-1:00 Remaining Asanas; Mudras; Meditations: Somatic Tools;
and/or Session Demo with Nityda
- **1:00-2:00** Lunch
- 2:00-4:00 Case Presentations

Day 4: 9 a.m. to 3 p.m.



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- 9:00-9:45 a.m. The TCYMSM Practice lead by Nityda
- 9:45-10:00 Break
- 10:00-10:30 Group Adaptations
- 10:30-11:30 Remaining Asanas; Mudras; Meditations: Somatic Tools
- 11:30-12:30 Case Presentations (if needed); or TBD
- **12:30-1:30** Lunch
- 1:30-2:30 Ethics
- 2:30-3:00 Closing

Fees:

Early Bird Professional: \$670

Early Bird Non-Profit/Employee Student: \$620

Regular Registration Professional: \$770

Regular Registration Non-Profit Employee/Student: \$720

Please note: The last day to sign up for the MD training and receive early bird rates is 1/25.

: Payment plans are available. Please contact nityda@traumaconsciousyoga.com

CE's: This training will provide you with 25 CE's.

Cancellation Policy: If you cancel your attendance at a training:

Before 90 days prior to the start of a training: 100% Refund

31 - 90 days prior to the start of a training:

50% credit of the full amount paid to be put towards another training within 12 months, and will forfeit the remainder.

0-30 days prior to the start of a training:

no refunds or credits will be given during this period.

Prerequisites: You do not need to be a certified or registered yoga teacher to attend this training. We do recommend at least six months of previous yoga experience. If you are looking



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for yoga classes in your area and don't know where to begin, please contact Nityda at nityda@traumaconsciousyoga.com

~*This training is Beginner Level through Advanced Level¹

Grievance Policy:

Commonwealth Educational Seminars (CES) seeks to ensure equitable treatment of every person and to make every attempt to resolve grievances in a fair manner. Please submit a written grievance to CES, 1020 Osterville West Barnstable Rd, Marstons Mills, MA 02648. Grievances will initially be directed to the training instructor. Grievances would receive, to the best of our ability, corrective action in order to prevent further problems. If you have questions or concerns, contact Commonwealth Educational Seminars at (800) 376-3345.

Accommodations for the Differently Abled:

Commonwealth Educational Seminars' training facilities are handicap accessible. Individuals needing special accommodations, please contact: Nityda Gessel at 512.402.2650.

Course Objectives:

The Trauma-Conscious Yoga MethodSM Teacher Training is a 25-hour training for mental health clinicians, yoga teachers, and the general public, that empowers trainees with the knowledge and skills needed to support trauma survivors with trauma resolution and optimal healing. Please [click here](#) to learn more about the training.

Course Objectives:

1. Trainees will gain a thorough understanding of trauma: what it is, it's prevalence, the differing ways it develops, how it manifests, how it is stored in the brain and body, the ways in which it impacts a person's neurological functioning, nervous system and ability to cope, and the diagnostic criteria for PTSD based on the DSM-V.
2. Trainees will gain comprehension related to the current research that exists from the pioneers in the trauma field and supporting evidence around what modalities

¹ While in the Trauma-Conscious Yoga MethodSM our approach is to avoid hierarchical language, we are required by our partnership with Commonwealth Educational Seminars to list this information verbatim.



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best support trauma resolution and why (this includes lectures focusing on Polyvagal Theory and the role of the Vagus Nerve).

3. Trainees will learn the ways in which different cultures view trauma and trauma recovery and how this relates to our Western conceptualizations.
4. Trainees will understand the ways in which trauma relates to race, power and privilege and how lack of accessibility to resources sustains oppression and supports intergenerational trauma.
5. Trainees will learn about yoga's usefulness as a evidence-based modality for trauma resolution and how to guide clients through contemplative, mindfulness-based and yoga-informed practices within clinical and non-clinical settings. Trainees will learn somatic psychotherapy skills and how to integrate these skills with trauma-conscious yoga to allow for a broader scope of practice and increased effectiveness in supporting clients in trauma resolution.