





THE TRAUMA-CONSCIOUS  
Yoga Institute

## TCYM LEVEL 2 CURRICULUM

### UNIT ONE: UNDERSTANDING THE NATURE OF SUFFERING

 Chapter One: Deep Dive Svadhyaya: Internal Family Systems as a Way to Know Ourselves

 Chapter Two: Svadhyaya: An Indigenous, Asian Worldview

 Chapter Three: Trauma Review

### UNIT TWO: TRANSCENDING SUFFERING: YOGA AND BUDDHIST PSYCHOLOGICAL PERSPECTIVES ON HEALING AND AWAKENING

 Chapter One: Yoga's Past and Present: An Overview

 Chapter Two: Buddhist Psychology and History: An Overview

 Chapter Three: Decolonizing our Practice and Teaching


### UNIT THREE: EFFICACY AND INTEGRITY IN PRANAYAMA TEACHING AND PRACTICE

### UNIT FOUR: SOMATIC INTEGRATION

## UNIT FIVE: DEPTH IN ASANA AND INTUITIVE MOVEMENT

## UNIT SIX: CHAKRA PSYCHOLOGY AND TRAUMA

## UNIT SEVEN: TRAUMA-CONSCIOUS GUIDANCE, FACILITATION AND TEACHING

 Chapter One: Ventral Embodiment and Compassionate Presence

 Chapter Two: Conscious Considerations

## UNIT EIGHT: INTERGENERATIONAL TRAUMA AND SAMSKARAS

## UNIT NINE: THE BUSINESS OF YOGA IN THE WILD, WILD WEST



### Required Reading:

- [\*Skill in Action: Radicalizing Your Yoga Practice to Create a Just World\*](#) by Michelle Cassandra Johnson
- [\*Unravel the Thread: Applying the Ancient Wisdom of Yoga to Live a Happy Life\*](#) by Rueben Vasquez or another translation of *The Yoga Sutras of Patanjali* such as the one by Sri Swami Satchidananda (if you have not already read the yoga sutras)
- [\*Embodied Self Awakening: Somatic Practices for Trauma Healing and Spiritual Evolution\*](#) by Nityda Gessel

- [\*The Bhagavad Gita\*](#) translation by Eknath Easwaren (if you have not already read the Bhagavad Gita)
- [\*Yoga, the Body, and Embodied Social Change: An Intersectional Feminist Analysis\*](#), edited by Berila, Klein, and Jackson Robers

\*Please note, Nityda's book is currently on pre-order but can be purchased now and it will be mailed to you the week of September 12, 2023. You will need Nityda's book as we discuss multiple points in the curriculum, including intergenerational trauma and legacy burden

### Suggested Readings:

- *The Healing Wisdom of Africa: Finding Life Purpose Through Nature, Ritual and Community* by Malidoma Patrice Somé
- *Entering the Way of the Bodhisattva: A New Translation and Contemporary Guide* by Shantideva; translated by Khenpo David Karma Choephel
- *A Queer Dharma: Yoga and Meditations for Liberation* by Jacoby Ballard
- *Trauma-Informed Yoga for Survivors of Sexual Assault* by Zabie Yamasaki
- *No Bad Parts: Healing Trauma and Restoring Wholeness with the Internal Family Systems Model*
- *The Polyvagal Flip Chart* by Deb Dana
- *Eastern Body Western Mind: Psychology and the Chakra System as a Path to the Self* by Anodea Judith
- *Mudras for Healing and Transformation* by Joseph and Lilian Le Page