



TRAUMA-INFORMED YOGA TEACHER TRAINING

**AN EXPLORATION OF THE NEURO-BIO-PSYCHOLOGY
OF TRAUMA**

**& THE SOMATIC PRACTICE OF YOGA AS A
THERAPEUTIC APPROACH**



**THIS COURSE IS PERFECT FOR ANYONE WANTING TO
HEAL THEMSELVES AND OTHERS ❤️**

ALL YOGA LOVERS ARE WELCOME



**OPTION TO RECEIVE A TRAUMA-INFORMED YOGA
TEACHER TRAINING CERTIFICATION**

CERTIFICATION OPTIONS

LEVEL 1 & 2 TRAUMA-INFORMED YOGA TEACHER

OR

MASTER LEVEL TRAUMA-INFORMED YOGA TEACHER





Dear Yoga Teachers & Yoga Lovers!

This Course is designed for anyone who wishes to learn more about somatic practices such as yoga as an approach to healing the mind-body-spirit. You are not required to have a background in teaching yoga, this Course will provide a foundational approach to holding space and offering others support through the philosophy of yoga.

It is a perfect Course for those interested in enrolling into a Yoga Teacher Training Course at the 200 Hour Level shall you wish to continue on the journey of teaching yoga.

It is also a perfect supplement for anyone who currently works with humans of all demographics!

We will explore topics ranging from how the mind-body connection works, how to support ourselves and others who have experienced the hardships of life. Rather it is through injury, ailment or grief. We will focus on modalities that support the body in its own infinite wisdom and we will have the tools we need to hold space for others. This Course is a comprehensive approach to understanding why trauma plagues us all.

In my experience as a yoga therapist, working in the clinic and during private sessions, I am reminded that students are in a recurring state of suffering.

One of my favorite quotes, repeated by the Dalai Lama and often attributed to Haruki Murakami is,

“Pain is inevitable, suffering is optional”

A big part of teaching **Adaptive Yoga** is the understanding of Trauma!

The **Sutras** teach us about **Kleshas**, the afflictions that we experience as humans, for which we study and practice the discipline of **Raja Yoga**, one of the four paths to **Samadhi**.

Therefore, I have designed the **300 Hour Module 4 & the Certification Course** to include topics that are in alignment with the study of trauma sensitivity, such as Yoga Nidra, Restorative, Chair Yoga Practices, as well as lessons on Prenatal, Children’s and Ayurveda. You will feel confident leading workshops and private sessions as many of your students will want privacy or specialties that are healing oriented. Students who have injuries, ailments and other issues in their tissues, often experience Kleshas and other disorders.

We will also revisit advanced teaching principles as they relate to students who utilize Asana as a distraction from **Svadhyaaya, the study of Self**.

Lastly, we will conclude with many discussions on safe practices for yourself as the teacher and for your student. Energy exchange is real! We

will have several lessons in observance of such topics.

This Course will also include “The Business of Yoga” and continuing education, as this Course is designed at the **Advanced Teacher Level**, allowing all Trainees to feel comfortable teaching from the perspective of an **Adaptive Yoga Teacher, with a Trauma-Informed Specialty**.

This portion of the Advanced Teacher Training will include an opportunity to receive a Trauma-Informed Yoga Teacher Training Certification 60 Hours, which is optional, submissions will be required for such.

Each Participant who wishes to Certify, will receive one of the following:

Certified Trauma-Informed Yoga Teacher: Level 1 & 2 (60 Hours)

*no prerequisite, all are welcome to Certify

Certified Master Level Trauma-Informed Yoga Teacher (100 Hours)*

*Prerequisite = 2023 Trauma-Informed Yoga Teacher Certification

*Upgrade to Master Level 100 Hour Certified TIYT Option Coming in May 2025

IMPORTANT: If you were previously certified through I Love Yoga Therapy in 2023 with 40 Hours, this course is an extension of that course and you will receive a Master Level Certification at 100 Hours. <For Clarification: 40 Hours will be added to this Course from 2023 for current certified teachers under the “Bridge to Adaptive Yoga Program”>

300 HOUR TRAINEES: This Course Qualifies for all hours on the schedule + an additional 20 Hours for Submissions upon Certification. If you choose to NOT certify during your 300 Hour YTT and only meet the Module 4 Course Requirements, the additional 20 Hours will not be added to your log. I’d advise taking the extra time to do both.

THIS CERTIFICATION CAN BE COMPLETED 100% DISTANCE LEARNING BY VIEWING VIDEO RECORDINGS OR A HYBRID OF LIVE SESSIONS TO MEET YOUR CONVENIENCE.

THE CERTIFICATION FOR THE COURSE MUST BE COMPLETED WITHIN 24 MONTHS.

TOPICS:

PART I

- ***The Brain-Body Connection***
- ***The Biology of Belief & Epigenetics***
- ***The 3 States of Mind***
- ***Attachment Theory & The Yoga Teacher***
- ***Neurodiversity***
- ***Survival Response***
- ***Maslow's Hierarchy of Needs***
- ***Self & Co-Regulation***
- ***Stages of Grief***
- ***Survivor's Guilt***
- ***PTSD / C-PTSD***
- ***Trauma by Proxy / Secondary Trauma***
- ***Samskaras & Shame***
- ***Kleshas: Addictions & Other Afflictions***
- ***Sankalpa & The Power of Intention***
- ***Svadhyaaya, Self-Study & The Shadow Side***
- ***Introduction to Mindfulness as a Philosophy***
- ***Yoga Philosophy:***
 - *Practice Pratipaksha Bhavana*
 - *Relationships with Yoga Sutra 1.33: Maitri, Karuna, Mudita, Upeksanam*
 - *Yamas & Niyamas for Empaths*
 - *Klesha's Skills Practice & Messengers Worksheet*
 - *Understanding Non-Attachment*
- ***Facilitating Awareness Practice***

PART II

- ***The Brain***
 - ***The Limbic System***
 - ***Amygdala***

- **Frontal Cortex**
- **Grey Matter & The Aging Process**
- **The Nervous System, Lungs & Heart**
- **The Vagus Nerve, Thyroid and Pelvis**
- **Subtle Bodies**
 - *Nadis*
 - *Meridians*
 - *Koshas*
 - *Chakras*
 - *Marma Points*
- **Somatic Practices & Therapy: Becoming Embodied**
 - *Bottom up vs Top Down Approach*
 - *Professional Practitioners & Wellness Teams*
- **Learning to Breathe for Relaxation**
- **Introduction to Ayurveda, The Knowledge of Life**
- **Ailments & Injuries as Trauma Experiences & Common Symptoms**
 - *Anxiety*
 - *Depression*
 - *Disorders*
 - *Diseases*
 - *Recovery*
 - *TBIs*
 - *Strokes & Heart Conditions*
 - *PCS, PCOS*
 - *Surgery*
 - *Accidents*
 - *Violence*
 - *Bullying*
- **Pre & Post Operative Interventions**
- **Prenatal Yoga + Ayurveda Practices**
- **Postnatal + Ayurveda Practices**
- **Children's Yoga (with Trauma Sensitive Approach)**
- **Serving the Geriatric Population**
- **Yoga for Athletes, the Performance-Trauma Connection**

PART III

- **Creating Safe Space & The Art of Holding Space**

- **Observation as a Teacher**
- **Safe Touch (Adjustments, etc.)**
- **Compassionate & Inclusive Language**
- **Crisis Support for Students**
- **Energy Guidance for the Teacher**
- **Protection Practices, Boundaries (The Grey Rock Method)**
- **Mindful Practices (Affirmations, Grounding, Eating, Journaling)**
- **Yoga Nidra**
 - *Guided Body Scanning*
 - *Progressive Muscle Relaxation (Intro to TRE: Tension Releasing Exercises)*
- **Restorative Yoga**
- **Trauma Sensitive Asanas, Theming & Cueing**
- **Yin Yoga**
- **Chair Yoga**
- **Underserved Demographics**
- **Therapeutic Exercises & Practices**
 - *Grounding Practices*
 - *Foundations of Meditation*
 - *Metta Bhavana*
 - *Introduction to Controlled Breathing: Pranayama*
 - *Introduction to Somatic Healing Practices*
 - *Sound Healing & Music*
 - *Tapping & Mantra*
 - *Power of Silence & How to Guide Your Students into Stillness*
 - *Trauma-Sensitive Savasana*
- **Being Trauma Sensitive Off of the Mat**
- **Private Session Planning**
- **Workshop Planning**
- **Intakes & Assessments (P.I.E.S.)**
- **Case Studies**
- **Imposter Syndrome, Body Language & Teaching Trauma-Informed Practices**
- **The Business of Yoga & Ethics**
- **Teaching specialty yoga (Trauma, Prenatal, Children's, Chair, Yin, etc)**
- **Upcoming Courses & Offerings!**

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THE CERTIFICATION FOR THE COURSE MUST BE COMPLETED WITHIN 24 MONTHS.

300 HOUR TRAINEES WILL NEED TO REFERENCE THEIR REQUIREMENTS.

SEQUENCE CREATION EXERCISES

Remember, this is for *YOUR* growth!



SEQUENCE INSTRUCTIONS:

Classes are 60 minutes

Privates can range 60-90 minutes

Workshops can range 90-120 minutes

Specify duration, approximate timing per pose if needed. Add as many details as possible. Imagine you are writing a movie script.

You can draw, write, use sequence builders such as Tumme, whatever you wish. Make sure you add instructions, if an Asana can be modified, assisted or

progressed and the topic supports that, please add those elements to enhance your own teaching skills.

Most teachers learned how to essentially group your asana's into "blocks" during the 200 hour training. You will take this basic concept (as seen below) and build on it.

(Basic Example of Class Planning Template)

Class Style: Class Theme: Class Duration:	Flow <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Warm Up <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	Cool Down & Savasana <hr/> <hr/> <hr/> <hr/>
Warm Up Transition	

SEQUENCE CREATION



SEQUENCES TOPICS

Sequences are submitted to namaste@iloveyogatherapy.org for Certification Course only.

Below are Sequences that are required for the Trauma-Informed Yoga Teacher Training Certification.

Please Note: *If you are in the 300 Hour Yoga Teacher Training Program, you are required to complete most of the below sequences already. However, if you wish to receive the Advanced Trauma-Informed Yoga Teacher Training Certification, there are additional sequences to be submitted.*

ALL TOPICS WILL BE DISCUSSED DURING THIS TRAINING

- TRAUMA-SENSITIVE SEQUENCE** (Imagine you are teaching in a space where the students are most vulnerable, you are not teaching a workshop but rather a yoga class to a special group)

ELEMENTS & CHAKRAS SEQUENCES: (1 or 7 Separate Sequences)

*BEGINNER TO ADVANCED OR ALL-LEVELS, ANY DISCIPLINE OF CHOICE

- EARTH-ROOT CHAKRA
- WATER-SACRAL CHAKRA
- FIRE-SOLAR PLEXUS CHAKRA
- AIR-HEART CHAKRA
- ETHER-THROAT CHAKRA PLEASE INCLUDE PRANAYAMA FOR AIR ELEMENT
- CROWN (MEDITATION OR ASANA)

PRENATAL SEQUENCE

- Expecting Mother's tend to keep practicing at their usual classes as before pregnancy, so it is very important to incorporate options in a non-prenatal specific or specialty classes, best way to do this to design a prenatal class and know more than you may even need to teach. Please include props and modifications, include the "why" behind the modification, even if it seems obvious.

AYURVEDIC SEQUENCES PER DOSHA: (3 Separate Sequences)

- GROUND VATA ENERGY (YIN - OPPOSITE OF VINYASA/BALANCING)
- BALANCE PITTA ENERGY (YIN/YANG)
- ACTIVATE KAPHA ENERGY (VINYASA/YANG)

MEDITATION, MUDRAS, MANTRAS, SOUND HEALING SEQUENCE

RESTORATIVE SEQUENCE (PROP HEAVY)

CREATE A WORKSHOP FOR TEACHING PRANAYAMA, BANDHAS & SUBTLE ENERGY

CREATE A PRIVATE SESSION CLASS: TOPIC (FRAIL ELDERLY SUBJECT)

CREATE A COUPLE'S PRIVATE SESSION: TOPIC (HEART CONNECTION, SPECIFY ACTIVITIES, THAT WILL ENHANCE A RELATIONSHIP AND ASANA TO CONNECT THE SUBJECTS)

- TIYC REQUIRED:** CREATE (4) YOGA NIDRA SCRIPTS FOLLOWING THE 8 STEPS LEARNED IN THE COURSE
 - Yoga Nidra Script for Grief
 - Yoga Nidra Script for Sleep
 - Yoga Nidra Script for Addiction Recovery
 - Yoga Nidra Script for Metta Bhavana

- TIYC REQUIRED:** CREATE (1) CHAIR YOGA SEQUENCE, INCLUDE OPTIONS FOR WHEEL CHAIR ADAPTABILITY

- TIYC REQUIRED:** CREATE A YIN YOGA SEQUENCE



REQUIRED FOR TRAUMA-INFORMED YOGA TEACHER CERTIFICATION

Sequences for Teaching Growth:

Children's Yoga

Ages 2-4, 5-7, 8-10, 11-13, 14-17

Although it is rare that you will teach Children's Yoga unless that is your specialty, it is still a good exercise to experience researching what you would do

to plan a Children's Yoga Class and every cluster of ages presents new options and challenges. On a personal note, I love incorporating this style into my adult classes, the biggest lesson I've learned in teaching Children's Yoga is that sometimes they do whatever they want and I have to hold space for them to stay present. I also need to completely redirect them and re-engage them, which means, one minute we may be doing a particular themed-sequence that I thought they would just love and the next we are doing something completely unplanned and different because my original idea wasn't so bright that day.

****If you research and create all 4 sequences, you will receive CE Credits for Yoga Alliance for 10 Hours. If you receive the Certification, you will have 60 CEUs or 100 CEUs for Master Teacher Certification.***



A FINAL EXAM WILL BE INCLUDED TO COMPLETE THE CERTIFICATION COURSE



LET US STUDY, PRACTICE & TEACH YOGA FOREVER!



SCHOOL

Yoga by Julia



namaste