

The Center for Relational Healing is excited to announce:

TRAUMA SENSITIVE YOGA TRAINING

An official Trauma Center at Justice Resource Institute Training

OCTOBER 14-16, 2016

Located at a beautiful, private residence in Mar Vista, CA

(Address will be provided upon registration)

This 20 hour training will focus on the practice and process of Trauma Sensitive Yoga (TSY), and will provide you with specific yoga tools to help you better serve anyone who has experienced trauma. This training is designed for yoga teachers and practitioners, as well as for mental health professionals who are looking to expand their practice to include treatment of the body as well as the mind. Trauma Center Trauma-Sensitive Yoga (TCTSY) is an empirically validated, adjunctive clinical treatment for complex trauma or chronic, treatment-resistant Post Traumatic Stress Disorder (PTSD). TSY has foundations in Trauma Theory, Attachment Theory, Neuroscience, and Hatha Yoga practice with an emphasis on body-based yoga forms and breathing practice.

For more information on trauma sensitive yoga, visit traumasensitiveyoga.com.

Participants in the training will learn:

- Ways to modify their yoga classes to make them more sensitive to the specific needs of traumatized individuals
- Strategies for working with traumatized individuals who may be experiencing a triggered reaction
- Strategies for speaking with therapists and mental health clinicians about how TSY might add to their treatment goals for their clients
- The latest in trauma theory, Attachment theory, and relevant neuroscience
- Up to date information on research done by the Trauma Center on TCTSY and other relevant research

Schedule

Friday, Oct. 14: 6:00 – 9:00pm

Saturday, Oct. 15 and Sunday, Oct. 16: 10:00am – 5:00pm

(includes a 1 hour break both days)

Training will include 15 hours of direct instruction; and 5 hours of independent work completed as pre-training assignments and daily homework.

Registration

- **Earlybird registration: \$499** (available until August 31)
- **General registration: \$575**
(\$300 deposit due upon registration; balance due by September 14)
- **Registration after September 30: \$625**
(\$350 deposit due upon registration; balance due by October 7)

AUGUST SPECIAL!

Refer a friend who registers and you'll receive 15% off your registration!

For registration and questions, please contact Kim at kim@lacrh.com or visit our website at lacrh.com.

