



TRAUMA SENSITIVE YOGA – WHAT IS IT?

Trauma sensitive yoga is an intervention supporting the therapeutic treatment of developmental and complex trauma.

It is also being used as a (preventative) supportive technique in the treatment of burn-out, stress, depression, sleep and anxiety problems.

Trauma sensitive yoga combines insights from trauma theory, attachment theory and neuroscience.

HOW DOES IT WORK?

Trauma sensitive yoga differs from regular yoga classes. There will be no physical coaching. During class the facilitator remains seated on her mat and practices together with the participants.

The lesson has a calm tempo and the exercises are very mild. The aim isn't to do sport or a work-out, but to experience.

In trauma sensitive yoga the attention focuses on learning to notice and feel sensations from within your own body. Participants are invited and encouraged to feel these sensations and to actively make choices on the basis of them.

Trauma sensitive yoga uses welcoming language instead of directions or assignments. For instance, ' you are welcome to..' or ' if you like, you can..'. The rationale is that during the trauma there was no choice or form of control and it is therefore important to make people experience that they do have a choice now.

This way of working will lead to empowerment. It will help you develop the realization that you have influence over the things you do and over how you feel when doing them.

The vision of trauma sensitive yoga is to create a safe spot to be able to have experiences in the moment.

It aims for you to increasingly experience your body as being safe and predictable, in order for you to make contact with yourself and with others.

FOR WHOM? IF

- you suffer from trauma.
- you are burned out.
- you experience stress.
- you are depressed.
- you have problems sleeping.
- you suffer from anxiety.

PRACTICALITIES

- We work in 6 week cycles.
- After the 6 weeks you can either stop or carry on for more sessions, with a maximum participation of 6 months, provided you are still receiving treatment.
- The group is open for women and men and everyone with another gender identity.
- The group is kept small, with a maximum number of 7 participants.

FOR MORE INFORMATION



020 – 7761042



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WHEN NOT? IF

- you suffer from an acute psychological disorder like a psychosis or an acute severe depression.
- you have an addiction.

APPLICATION REQUIREMENTS

- you need to discuss your wish to apply with your therapist. She/he will take care of your enrollment.
- you are expected to be present at least 4 out of the 6 sessions .
- you understand English.
- previous yoga experience is NOT required.

WHEN AND WHERE

DAY	Wednesday
TIME	16.30 - 17.30 hrs
PLACE	Adagio <ul style="list-style-type: none">• Plantage Middenlaan 52-A, Amsterdam