



Why yoga?

- Most people we serve have experienced trauma in their bodies
- Trauma lives in the body
- People need to be well in their bodies in order to live well
- Yoga creates a quiet place for people to experience their own bodies, minds, and feelings

Why are you sharing yoga?

- A love for yoga
- A personal transformation through yoga
- A desire to learn about one's self
- A desire to help end suffering in others and one's self
- A belief in the power of yoga to heal

Challenges

- Hypervigilance
- Varying maturity levels
- Poor physical health
- Feeling dislocated, outcast, or rejected
- Feeling uncomfortable or unsafe

Yoga for Trauma Survivor Tips

- No touch
- Describe or show what you will be doing before doing it
- Offer alternatives
- Clear language

Class Structure

Welcome – How do you feel? One word check in

Breathing Exercise – see attachment

Movement – see attachment (Yoga Basics and Chair Yoga)

Meditation – Guided or enjoying some quiet for a few minutes

Closing – How do you feel? One word check out

Breathing Exercises

Breathing Awareness: Notice how you are currently breathing. Maybe place a hand on your chest or your belly and notice how it rises and falls with the breath.

Deep Breathing: Take a deep breath in (do not hold your breath), filling your lungs completely and take a deep breath out, emptying your lungs completely

1-2-3 Breath: Take an inhale 1-2-3, and then slowly exhale 3-2-1








Noticing Contrast: Run in place, jump up and down, or swing your arms (1-2 mins) then pause, notice and feel your breathing (repeat if desired)

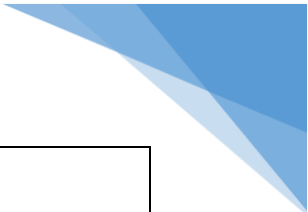
Breath of Joy: Inhale- arms up, to the side, then arms up, Exhale as you bend forward and drop your arms through the legs







Alternate nostril breathing: Close your left nostril with your thumb, inhale through your right nostril, close the right nostril, release your left nostril for the exhale. Close your right nostril, inhale through your left nostril, close the left nostril, release your right nostril for the exhale.



Yoga Basics

Mountain Pose	 A woman in a blue tank top and black leggings stands in Mountain Pose (Tadasana) with her feet together, arms at her sides, and head, neck, and spine in a vertical line.
Forward Fold	 A woman in a pink long-sleeved shirt and dark pants performs a Forward Fold (Uttanasana) by bending forward from the hips, reaching her hands down to her feet.
½ way lift	 A woman in a white tank top and black leggings is in a half-way lift (Urdhva Dhanurasana) on a black mat, with her hands on the floor and feet on the floor, arching her back.
Downward facing dog	 A woman in a light green long-sleeved shirt and dark pants is in a Downward Facing Dog (Adho Mukha Svanasana) on a white mat, with her hands and feet on the floor and hips high.
Cat	 A woman in a dark blue tank top and shorts is in a Cat (Chaturanga Dandasana) on a white mat, with her hands on the floor and knees on the floor, arching her back.
Cow	 A woman in a dark blue tank top and shorts is in a Cow (Bhujangasana) on a white mat, with her hands on the floor and knees on the floor, lifting her chest and head.
Warrior 1	 A woman in a blue tank top and black leggings is in a Warrior 1 (Virabhadrasana I) on a purple mat, with her feet wide apart, one foot forward, and one arm raised.

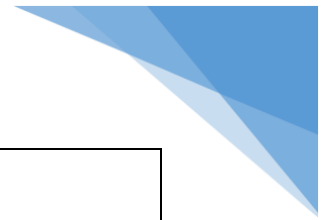


Warrior 2	 A woman in a black tank top and leggings performing the Warrior 2 pose on a pink mat. Her feet are wide apart, her front leg is bent at a 90-degree angle, and her arms are extended horizontally to the sides.
Lunge	 A woman in a purple long-sleeved shirt and red leggings performing a lunge. Her right leg is forward and bent, while her left leg is back and straight. Her arms are raised and reaching towards the ceiling.
Tree	 A woman in a grey long-sleeved shirt and purple leggings performing the Tree pose. She is standing on her right leg with her left foot resting on her right thigh. Her arms are raised and her hands are pressed together in a prayer position above her head.
Child Pose	 A woman in a blue tank top and black leggings performing Child Pose. She is kneeling on the floor with her buttocks resting on her heels, her torso is folded forward, and her arms are extended straight out on the floor.
Knees to chest	 A woman in a purple tank top and black leggings performing the Knees to Chest pose. She is lying on her back with her knees pulled up towards her chest and her hands resting on her knees.
Deep rest	 A woman in a blue tank top and black leggings performing the Deep Rest pose. She is lying flat on her back on a purple mat on a wooden floor, with her arms and legs extended straight out.



Chair Yoga

Mountain Pose	
Forward Fold	
½ way lift	
Downward facing dog	
Cat/Cow	
Warrior 1	



Warrior 2	 A person in a black tank top and leggings is performing Warrior 2 pose. They are standing on their left leg, with the right leg bent at a 90-degree angle and the foot flat on the floor. Both arms are extended horizontally to the sides, parallel to the floor.
Lunge	 A person in a pink tank top and black leggings is performing a lunge. They are standing on their right leg, with the left leg bent at a 90-degree angle and the foot flat on the floor. The right hand is resting on the right knee, and the left hand is resting on a white table in front of them.
Tree	 A person in a teal tank top and black leggings is performing Tree pose. They are standing on their left leg, with the right leg bent at a 90-degree angle and the foot flat on the floor. The right hand is resting on the right knee, and the left arm is extended upwards, reaching towards the ceiling.
Child Pose	 A person in a brown long-sleeved shirt and black pants is performing Child Pose. They are kneeling on a blue mat with their buttocks resting on their heels. They are leaning forward, with their forehead resting on the floor and their arms extended forward.
Knees to chest	 A person in a blue tank top and leggings is performing Knees to chest pose. They are sitting on a wooden chair with their knees pulled up towards their chest. Their hands are resting on their knees.
Deep rest	 A person in a white tank top and black leggings is performing Deep rest pose. They are sitting on a wooden chair with their feet flat on the floor. Their hands are resting on their thighs. In the background, there is a white lotus flower symbol on a dark wall.