



Join us at Yoga Loft for Trauma, the Body and Yoga

Facilitated by Jessa Walters, MA, E-RYT, TCTSY-F and Dan Gaustad, DC, RYT, SEP this daylong workshop is designed for yoga teachers and yoga teachers-in-training who are interested in integrating trauma awareness into their teaching. This workshop is also open to clinicians who wish to bring embodiment into their work with clients.

Participants will learn about the neurological and physiological responses occurring in the body during times of stress and ease. We will explore how these responses become dysregulated as a result of chronic stress and various forms of trauma. Keeping these responses in mind, participants will learn key practical components to guiding yoga/embodiment practices with trauma awareness, including the use of language, the importance of interoception and the facilitator qualities needed to create a trauma-sensitive experience.

In addition to presentation and discussion, Jessa and Dan will guide embodied (somatic) practices throughout the day, including a 60-minute trauma-sensitive yoga practice.

6 CECs for the daylong are available for yoga teachers through Yoga Alliance.

Jessa Walters completed the 300-hour Trauma Center Trauma-Sensitive Yoga Facilitator (TCTSY-F) certification with David Emerson through the Trauma Center at the Justice Resource Institute based in Boston. Jessa began teaching TCTSY in 2013 as part of a study through the University of MN and the Domestic Abuse Project researching TCTSY as a viable clinical treatment for trauma.

www.jessawalters.com

Dan Gaustad completed the 3-year Somatic Experiencing Professional Trauma Training Program, the 40-hour TCTSY training at Kripalu with David Emerson and has been teaching yoga to men in recovery since 2012. He also integrates trauma-sensitivity into his practice as a chiropractor.

www.uptownom.com



TRAUMA, THE BODY & YOGA

Date: January 19, 2019

Morning Session: 10:00 am - 1:00 pm

Lunch from 1:00 -2:00 pm

Afternoon Session: 2:00 -5:30 pm

Name: _____

Telephone _____

Address: _____

City _____

State _____ Zip Code _____

E-mail _____

Cost is \$125

Send Your Payment by Check to:
7215 Highway 71 NE
Willmar, MN 56201-9103
or call to register: 320.214.7231
www.YogaLoft.net