

## Trauma Sensitive Yoga

**What:** This small yoga class is designed specifically for those who have experienced complex, or interpersonal trauma such as sexual or domestic violence or childhood abuse. Class sizes are small, certain postures are not used, and there are no physical adjustments offered. It is an all-levels class and is welcoming to those who have no yoga experience. You choose how and when to move your own body throughout the practice, and you are invited to notice different physical sensations that may arise.

**Background:** This is a yoga class only, so there is no expectation to share personal details in the class or to participate in group processing. Trauma Centre Trauma Sensitive Yoga (TCTSY) is an evidence-based clinical intervention for people who struggle with complex, interpersonal trauma. It's based in Trauma Theory, neuroscience, attachment theory and hatha yoga and is a practice that helps heal the body, mind and heart of those who've experienced violence.

**Instructor:** Heather Rowland believes deeply in the wisdom of our minds, hearts and bodies to heal after trauma. Her personal and professional experiences with yoga prompted her to begin her yoga teacher training in 2012 and she quickly saw the deep and meaningful ways in which yoga can be used to create space for healing. All of her yoga offerings are trauma informed, and she offers various classes on campus and in the community that address mental wellness. In 2015 she completed her Trauma Centre Trauma Sensitive Yoga training and has been active in offering this to the community since. Heather values learning various ways to integrate yoga and mental wellness, gaining additional training on yoga and emotions, yoga with teens, and creating trauma informed spaces.

**When & Where:** Trauma Sensitive Yoga will be offered weekly, starting October 2nd, 2018 until **April 2019**. The class will be hosted in **Andy's Place, AH100, from 7:00pm-8:00pm**. You can come to any class that works for you.

**How to register:** Please email [counselling.services@uleth.ca](mailto:counselling.services@uleth.ca) to register.