



### **Helen Cushing- Swami Ahimsadhara**

Satyananda (Holistic) Yoga Teacher  
BA Communications  
Diploma of Satyananda Yoga Training  
Accredited by Academy of Yoga  
Science, Australia  
Member of SYTA and Yoga Australia |  
Senior Registered Teacher | Member  
#SYTA3822

### **Ahimsa (Helen Cushing)**

Ahimsa poseduje obimno iskustvo u razvoju i implementaciji joga u cilju oporavka od trauma. Ukratko:

- Podučavanje joga ratnim veteranima u Australiji (2004. – i dalje)
- Predavanje o jogi ženama izbeglicama iz Butana i Avganistana (2011.)
- Sprovođenje radionica i povlačenja za ratne veterane i ostale koji pate od simptoma PTSD
- Programi jedan na jedan sa onima koji pate od simptoma PTSD
- Savetovanje Dunna Korporacije, Kolumbija, u korišćenju joga u cilju demobilizacije gerila i paravojnih boraca
- Obilazak Kolumbije u cilju prezentovanja joga, sprovođenja radionica na temu joga i povlačenja za one sa simptomima PTSD uključujući žrtve rata i mirotvorce (2015. i 2017.)
- Objavljivanje članaka na temu joga u službi PTSD
- Prezentacije i radionice na međunarodnim konferencijama
- Autor Nada: Kako joga leči ožiljke trauma
- Producent nagrađivanog filma o jogi za ratne veterane (2015.): Heroji mira
- Obučavanje joga instruktora i koordinacija modula jogičkih studija u Australiji i Indiji

*Ahimsa has extensive experience in the development and implementation of providing yoga for recovery from trauma. In brief:*

- o Teaches yoga to war veterans in Australia (2004 – present)*
- o Taught a yoga program for refugee women from Bhutan and Afghanistan (2011)*
- o Conducts workshops and retreats for war veterans and others with PTSD*
- o Works one-to-one with individuals who have PTSD*
- o Advised Dunna Corporation, Colombia on provision of yoga to demobilized guerillas and paramilitary combatants*
- o Toured Colombia giving presentations, workshops and retreats on yoga for PTSD including to war victims and peace workers (2015 & 2017)*
- o Publishes articles on yoga for PTSD*
- o Presents talks and workshops at conferences internationally*
- o Author of Hope: How Yoga Heals the Scars of Trauma*
- o Produced an award-winning film about war veterans yoga(2015): Heroes of Peace*
- o Trained yoga teachers and coordinated yogic studies modules in Australia and India*



### **Pippa Cushing (Satya)**

Satyananda (Holistic) Yoga Teacher  
MPsych (Clinical)  
BBehavSci (Psychology) (Hons, 1st Class)  
Diploma of Satyananda Yoga Training  
Registered to Work with Vulnerable People  
Accredited by Academy of Yoga Science,  
Australia

**Pippa Cushing (Satya)** je učitelj Satyananda joge I registrovani psiholog. Radi u opštoj bolnici za mentalno zdravlje, i takođe kao privatni terapeut.

Pippa je ceo svoj život u neposrednoj vezi sa jogom, a posebno iskustvo je za nju bilo učešće na programu za oporavak ratnih veterana koji je održan pod vođstvom Ahimse, što je i bila njena neposredna inspiracija za studiranje i bavljenje psihologijom. Kao učitelj joga, Pippa vodi grupne časove, kao i individualne, psihološke i joga konzultacije.

Pippa će tokom boravka u Beogradu ponuditi individualne konzultacije za one koji pate od mentalnih problema (PTSD-anksioznosti, depresije i sl) ili stresa. Ove konzultacije će obezbediti lični, personalizovani terapeutski joga-program, koji je namenjen redukciji i kontroli simptoma, kao i detaljna objašnjenja simptoma sa psihološkog aspekta.

Trebalo bi da ste spremni da posle ovih konzultacija praktikujete jednostavni joga program na dnevnoj bazi-Joga deluje, ali samo kada je praktikujete!

Pippa je nedavno završila i teze o istraživanjima o upotrebi joga u lečenju posledica PTSD-a, koje će izložiti na seminaru za instruktore joga tokom njenog boravka u Srbiji.

***Pippa** is a Satyananda Yoga teacher and registered Psychologist working in community mental health and private practice settings. Pippa has a near lifelong association with yoga, and it was her experience teaching yoga to war veterans under the direct guidance of Ahimsa (Helen Cushing) that inspired her to pursue a career in psychology. As a yoga teacher, Pippa facilitates group yoga classes and individual yoga-psychology consultations. Pippa will be offering one-to-one yoga-psychology consultations during her stay in Belgrade for those suffering the effects of a mental health disorder (e.g., anxiety, depression, PTSD and others) or general stress. These consultations will give you a personalised yoga program of tools to manage and reduce distressing symptoms and provide you with education about your symptoms from a psychological perspective. You must be prepared to practice some simple yoga every day – it works only if you practice it! Pippa recently completed a research thesis on the application of yoga to PTSD and will be delivering a presentation on research validating the effectiveness of yoga in supporting recovery from trauma during the Professional Development for Yoga Teachers program.*