

Moving Beyond Trauma is a 12-week course based on knowledge gained internationally from providing Satyananda Yoga to war veterans, war victims, refugees and others with PTSD. The course is being mentored by Australian yoga for trauma expert Swami Ahimsadhara (Helen Cushing), author of *Hope: How Yoga Heals the Scars of Trauma*. Your teacher will be Om Murti.... Swami Ahimsa will be present for the first week of the course.

Traumatic events change the brain, impacting the body, mind and spirit. Yoga is a holistic system that heals on all these levels, restoring physical and mental health by rebalancing the nervous system and giving tools to help regulate thinking, emotion and behaviour. Research on Satyananda Yoga for PTSD (Colombia 2015) showed a 31% improvement in PTSD scores after 12 weeks. There was a significant reduction in all PTSD symptom clusters. Former combatants and war victims reported improved sleep, concentration, relaxation, family relationships, peace of mind and less anger.

Research :

- Dunna victims study - Yoga for active coping, emotional recovery and functionality of victims of the armed conflict in Colombia**
- Dunna Ahimsa project for peacebuilding in Colombia -A Case Study**
- Efficacy of Satyananda Yoga for reintegration**