

Teaching Yoga for Trauma Recovery Serbia 2018

There is growing interest in the effectiveness of yoga for healing post-trauma suffering, including post-traumatic stress disorder (PTSD). On this teacher in-service you will be introduced to the fundamental principles and practices that need to be understood to sensitively and effectively use yoga to assist recovery from post-trauma suffering.

Satyananda Yoga, a holistic form of yoga is an excellent system for this application of yoga as it seamlessly combines the physical and psychological aspects of yoga, complete with diverse repertoire of practices that can be flexibly used to meet individual needs.

Research into the effectiveness of Satyananda Yoga for healing PTSD found a clinical improvement of 31% compared with 12% in the control group. This research was conducted in Colombia with reintegrating illegal combatants from the civil war. After a 12-week Satyananda Yoga course, the average scoring on the PTSD scale was below the threshold for diagnosing PTSD. Participants showed significant reduction in all PTSD symptom clusters.¹

Yoga offers a way of healing the nervous system, managing the mind, regulating emotion and laying the past to rest so that life can be enjoyed to the full. Simple yoga practices can be used to bring both short and long-term relief from the symptoms of extreme stress and PTSD.

About the trainer

Ahimsa (Helen Cushing)

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

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

Who can do this course

¹ Quiñones, N., Gómez Maquet, Y., Agudelo Vélez, D.M., López, M.A. (2015). Efficacy of a Satyananda Yoga intervention for reintegrating adults diagnosed with posttraumatic stress disorder. *International Journal of Yoga Therapy*, 25, 89-97. doi: 0.17761/1531-2054-25.1.89

You need to be a yoga teacher with training in asanas, pranayama, yoga nidra and meditation.

Training Priorities

- Understand principles of applying yoga for this need
- Understand suitable yoga practices for this need. These will be drawn from the Satyananda Yoga beginners' schedule of practices. Reference is APMB.

Aims of yoga for trauma recovery

- Provide immediate experience of relief through relaxation
- Strengthen relaxation response long term
- Relieve physical tensions to also relieve mental tension
- Enhance physical health
- Provide tools for relief in daily life situations – empowerment
- Provide tools for mind management
- Reduce symptoms of PTSD through above
- Enable a sense of wellbeing, personal security and hope

The information about the registration can be found at **www.joga.co.rs**

Registration fee for the seminar (two lunches and two snacks are included) is 90 eur. To apply, you need to fill in the application form and pay 30% of the total registration fee. In case of cancellation, the amount can not be returned (due to the organizational costs), but it is transferable to another person.