



Taryn Strong: Honoring and Healing Intergenerational Trauma



Taryn Strong is the co-creator of the 'SHE RECOVERS' foundation with her mum. She's a trauma-informed yoga teacher and invites you to move through a gentle yet potent trauma-informed yoga practice. Discover ways to bring yourself into the present moment.

TOP EMBODIMENT TIP: Give yourself the gift of your presence! Whenever you have the opportunity throughout the day, pause and bring yourself into your body by either just bringing your hands onto your body and remembering you have a body, or dropping into your breath or noticing how you're feeling, but as many times as possible throughout the day bring yourself into the present moment.

Memories and Feelings Can Be Passed Down: Epigenetics - trauma changes the expression of DNA in our cells

- Indigenous wisdom shares that we carry the trauma from seven generations prior, and any unhealed trauma will be passed forward to the coming seven generations
- **Trauma can be passed from parents to children**

Burdens But Also Blessings: "It's not your fault, but it's your turn."

- We have the traumas from generations past and we're going to bestow them to generations forward.
- Kazu Haga: "If we carry intergenerational trauma - and we do, then **we also carry intergenerational wisdom**. It is in our genes and in our DNA."
- A really great book is called Ancestral Medicine by Danielle Foor. He talks about blessings and burdens: How our ancestors give us these packages, and some of them are blessings and some of them are burdens.
- "It's always our job to turn the salt of bitterness into the salt of wisdom" (Toko-Pa Turner)
- Healing is not linear

Yoga helps: Yoga practice allows ourselves to feel! And to Heal

- Trauma is stored in our nervous system, yoga will calm and heal it.
- The body knows what needs to happen to heal the trauma in our nervous system, in our bodies and in our families.
- Thank yourself for showing up: You chose to be here! **All of you is welcome here.**
- There is no right or wrong way to be. There is no goal, the fact that you are here, observing and exploring, is huge.
- Breath is the gateway to our nervous system. The quality of your breath matches the quality of your presence.
- We can't change what is happening around us, we can shift our breath so other layers can shift as well.

Resources:

- ❖ **Website:** [SHE RECOVERS](#)
- ❖ **Social:** Instagram: [Taryn Strong](#)
- ❖ **References:** Readings at beginning and end of practice from the book [Belonging](#).



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