



# Kathryn Thomas: How to Implement Trauma-Informed Practices During Studio Yoga Classes





















Kathryn is the Executive Director of Yoga 4 Change for veterans, incarcerated youth, and people struggling with mental health conditions. Explore how you can increase your awareness of potential triggers during yoga practice, and how to implement tools to ensure your studio is a safe place for everyone.

**TOP EMBODIMENT TIP:** Get off devices, sit in your skin, take a breath, and figure out what you feel.

## Trauma-Informed Yoga Classes:

- **Trauma** is a personal, overwhelming or violent experience that you witness, learn about, or experience (ie. car accident). Trauma **may present as acute, complex**.
- **Trauma sensitive yoga** is a way to make peace with your body right to learn through experiences that your body can be affected. Again, and to reclaim your body as your own.
- If **triggered**, you are not physically in your body, you may be hearing the sounds, tasting the taste, smelling the smells of the event, and unable to control your emotional, physical response. **Internal trigger**, **External trigger**.

## How Does Trauma Affect the Body:

- Everybody's trauma is different and everybody's trigger is different.
- When something traumatic happens to you, you're not able to control your responses (**flight, fight, freeze**).
- Embodiment practices get rid of the adrenaline and the chemicals that are released during a trauma response.
- **Freeze Response** is a shutting down, and also seen as a 'submit response' (David Emerson).
- **Signs**: When someone is triggered, they often disengage in practice, hold physical tension, avoid making eye contact, and may experience an emotional release (e.g. crying).

### Best Practices: Bring Them Back into Their Body.

- If you realize that you said something that is potentially triggering for someone, take it out of your language.
- If you do say something that clearly has triggered someone, immediately identify the fact, re-word what you said, and check in with that specific student after class to have a one on one conversation.
- If you took care of it in class, make it clear that you made a mistake, and that you're going to learn from your mistakes and move on.
- Give attention to how you set up the studio, where the door is, lighting, sounds, permission to touch.

#### Resources

❖ Books: Overcoming Trauma through Yoga: Reclaiming Your Body, by David Emerson and Elizabeth Hopper, 2011

Website: Yoga 4 Change

\* References: Dr. Danielle Smith





# All Yoga Presentations are Proudly Sponsored by Leslie Kaminoff, YogaAnatomy.net



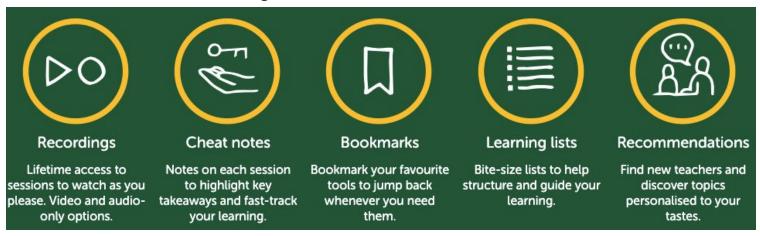
# **Y©GA**Anatomy<sub>0</sub>net

**Leslie Kaminoff,** co-author of the bestselling book "Yoga Anatomy" is a yoga educator and internationally recognized specialist with over four decades' experience in the fields of yoga, breath, anatomy and bodywork. His approach to teaching combines intellectual rigor, spontaneity and humor, and is always evolving.

YogaAnatomy.net is how Kaminoff connects with his students all over the world - and the first ever online yoga studio for advanced studies. His passion is teaching teachers, and YogaAnatomy.net has become the go-to resource for Teacher Trainers planning a YTT, and advanced teachers who want to deepen their knowledge and transform their teaching.

Kaminoff & the entire team at YogaAnatomy.net are thrilled to be sponsoring the Yoga Channel for The Embodiment Conference. To celebrate, they're offering each attendee free access to a Home Workshop Series, where you'll focus on the intersection of embodiment, breath, and your mind. Plus, you're eligible for a \$1,000 USD scholarship towards working directly with Leslie in one of his professional training courses. Click here for scholarship details and immediate access to the workshop.

# Interested in securing <u>LIFETIME ACCESS</u> to the Embodiment Conference?



Get lifetime access now