



**Dr Gail Parker:** Restorative Yoga for Race-Based Traumatic Stress



Gail Parker, Ph.D., C-IAYT, E-RYT 500, ACEP is a psychologist, certified yoga therapist, and the author of Restorative Yoga for Ethnic and Race-Based Stress and Trauma. In 2020, she graciously accepted the position as President of the Black Yoga Teachers Alliance. This session addresses race-based traumatic stress (RBTS) vs. Post-Traumatic Stress Disorder (PTSD) and how restorative yoga assists in a more embodied journey.

**Pandemics:** **World-wide phenomenon no matter which race or ethnicity**

- Awakening to the pandemic of racial injustice and violence along with the global pandemic
- Potential to change for the better with self-care and self-resilience

**Race-based trauma stress:** **It's similar to an injury except it occurs daily**

- External race related event that is emotional, sudden, unexpected and uncontrollable
- Ongoing, recurrent, cumulative, but responses are adaptive
- Race-based Exclusion: avoidance (unacknowledged), harassment (bullying), discrimination (both)
- Emotional pain share the same neural pathways as physical pain (ie heartbreak)
- Tune out of the body (ie sticks and stones will break my bones... boys don't cry)
- Symptoms: Agitation, hyper-vigilance, avoidant behaviour, rumination, numbing out

**Post-Traumatic Stress Disorder:** **Psychiatric**

- Life threatening event, psychiatric medical condition, occurred in the past, *unable to process/recover*

**Subtle Body Awareness:** **5 Koshas**

- Anandamaya / Joy (beauty in me and the universe), Vijanamaya / Wisdom (deep sense of knowing), Manomaya / Intelligence (Thoughts are the state of my nervous system), Pranamaya / Breath, Anamaya / Physical body (easiest to access, challenge to change)

**Interoceptive Awareness:** **Emotional Regulation**

- Identify signals in the body and interpret - choices for the need to express the body
- Example: Knowing when "I am thirsty and I need something to drink"
- Example: Eyelids are heavy means "I need to rest"
- Example: My stomach is hungry translates to "I need to eat something and establish my energy"

**Resources** (Any that are mentioned; Remove the headings for what aren't)

- ❖ **Books:** Restorative Yoga for Ethnic and Race-Based Stress and Trauma
- ❖ **Website:** [www.drgailparker.com](http://www.drgailparker.com)



All Yoga Presentations are Proudly Sponsored by Leslie Kaminoff, [YogaAnatomy.net](http://YogaAnatomy.net)



**YOGA**Anatomy.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 **LIFETIME ACCESS** to the Embodiment Conference?

				
<b>Recordings</b>	<b>Cheat notes</b>	<b>Bookmarks</b>	<b>Learning lists</b>	<b>Recommendations</b>
Lifetime access to sessions to watch as you please. Video and audio-only options.	Notes on each session to highlight key takeaways and fast-track your learning.	Bookmark your favourite tools to jump back whenever you need them.	Bite-size lists to help structure and guide your learning.	Find new teachers and discover topics personalised to your tastes.

Get lifetime access now