



Zahabiyah Yamasaki: Transcending Sexual Trauma Through Yoga



Zahabiyah is the Program Director of Trauma-Informed Programs at UCLA, and Founder of Transcending Sexual Trauma Through Yoga. Medical and mental health professionals, survivor advocates, yoga instructors, administrators and educators can integrate this modality into the scope of their work. Learn how trauma-informed yoga can help survivors gently tend to embodied trauma imprints and feel empowered with new tools.

TOP EMBODIMENT TIP: Our hands on our hearts for compassion, our lips for truth and kindness; Namaste.

Healing of Trauma in the Body: Trauma-informed response uses principles of safety and empowerment-based language

- It can completely change a survivor's healing process trajectory, allowing them to access an inner sense of safety and seek additional resources. When we begin with the body, other pathways open up.
- Accessibility: ***"I ... yearn for ... a pedagogy of tenderness ... part mindfulness, part playfulness, part intuition, part analysis ... makes intimacy a safe and generative resource of power..."*** - Becky Thompson

Tangibility and Readiness: A program that is intersectional and intercultural, putting survivors at the centre

- Becoming empowered and in control of our body helps us manage symptoms, supporting our safety and wellbeing.
- There is a need for multiple entry points and pathways for survivors - alternatives to the usual pathways.
- The program **offers opportunities for healing and self-care, and tools to manage anxiety, depression** and more.
- **Results:** decreased anxiety, depressive and PTSD symptoms, an ability to express boundaries and be intimate with partners, an ability to experience self-love and self-compassion, and connection to additional support.

Changing the Way our World Responds to Trauma: Be inspired and empowered to support survivors

- Culture change: **being trauma-informed is about putting people at the centre of care.** It is about the way we empathetically hold the container, and the therapist's awareness of the life-long journey of healing vasanas (the emotional body imprint).
- Trauma-informed yoga care is ideally a systemic shift in everyday practice, prioritising individual lived experience.
- **Framework:** empowerment-based language, accessibility, holding space, sensitivity to triggers, safety of physical space, breathwork and trauma, consent-positive assists, self and community care.
- Trauma can overwhelm the internal resources; people deserve to feel calm, safety and restorative rest.

❖ **Books:** *Trauma-informed Yoga for Survivors of Sexual Assault* - 2021

❖ **Courses:** zabieyamasaki.com

❖ **Website:** thetraumatheapistproject.com/podcast/unapologetic-vulnerability-zahabiyah-yamasaki

❖ **Social:** Instagram: [@transcending_trauma_with_yoga](https://www.instagram.com/transcending_trauma_with_yoga) Facebook: [ZabieKhorakiwalaYoga](https://www.facebook.com/ZabieKhorakiwalaYoga)

❖ **References:** *Teaching with Tenderness* (Becky Thompson), *My Grandmother's Hands* (Resmaa Menakem), *The Breathe Network* (Molly Boeder Harris), Audre Lorde, Rosa Parks, Dr. Bessel van der Kolk, Peter Levine, NICABM.



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