



**Susanna Barkataki: Yoga Culture and The Roots of Trauma Informed Yoga**



An Indian yoga practitioner in the Shankaracharya tradition, Susanna Barkataki is the founder of Ignite Yoga and Wellness Institute and runs Ignite Be Well 200/500 Yoga training programs online and in person. Explore how trauma informed yoga has its roots in authentic yoga practice.

**TOP EMBODIMENT TIP:** Take a moment to tune in and ask yourself, “What is it that I need right now?”

**Seeking to Heal Trauma: What is Trauma?**

- Trauma causes changes in brain chemistry and anatomy, changes in our emotions, changes in our physiology and our sense of connection, purpose and relationship to higher power.
- Trauma can be anything overwhelming that impacts the nervous system in a way in which we are unable to cope.
- **Trauma informed yoga is trying to restore complete and coherent brain function.**

**Finding Freedom From the Suffering: Yogic Tools for Healing Trauma**

1. Harmony and balance (Ayurveda): The 3 aspects of existence- Earth, Fire and Air.
2. Grounding / Anchoring / Rooting: Bring awareness to your seat and feet.
3. Movement / Asana / Yoga: Include some simple light movements in your everyday practice.
4. Orienting / Self Rule / Self Centering: Place a hand on your heart (connection) and one on your belly (power).
5. Breathing / Pranayama: Samma (equal), Vritti (mind / thoughts), pranayama (breath), or box breathing.

**Roots of Trauma informed yoga: Yoga and Ayurveda: Ayus (life) Veda (study of)**

- The Doshas: Earth + Water = Kapha; Water + Fire = Pitta; Air + Space = Vata.
- Yoga: Yuj, union, joining, unity. What are values from within yoga itself?
- Yoga is an organized system defined in 8 limbs.

**Cultural Appropriation: Inviting critical thinking**

- Power imbalance and harm to the source culture are the two main cultural appropriation.
- **Power balancing and non-harm would be cultural appreciation.**

**Resources**

- ❖ **Book:** *Embrace Yoga's Root: Courageous Ways to Deepen Your Yoga Practice* - Get a free chapter at [embraceyogasrootsbook.com](http://embraceyogasrootsbook.com)
- ❖ **Courses:** Ignite Be Well 200/500 Yoga training programs at [ignitebewell.com](http://ignitebewell.com)
- ❖ **Website:** [susannabarkataki.com](http://susannabarkataki.com) [namastemasterclass.com](http://namastemasterclass.com)
- ❖ **References:** Indu Arora “Mudra”



## Susanna Barkataki





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[YogaAnatomy.net](https://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](https://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.

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