

Teaching Yoga in Community Settings

ONLINE WORKSHOP

DATES: SATURDAY 27TH & SUNDAY 28TH FEBRUARY 2021

PRICE: £150

This interactive online workshop will equip you with the skills and expertise to support you to offer yoga in community and non-traditional yoga settings

CONTENT:

- Accessibility and inclusion issues in yoga
- What yoga might offer in community settings
- Neuroscience of stress response and the effect of yoga on the brain
- Experiential learning and discussion around appropriate pranayama practice
- Recognising power dynamics in a yoga space- language, environment and ethics
- Practicalities and challenges of working in community settings
- How to set up a community class - Q&A
- Interactive teaching practice and discussion

STRUCTURE:

The course structure is a combination of pre-recorded content and live interactive sessions. There are approximately 4 hours of pre-recorded lectures and practices which you are required to complete prior to attending the live weekend. Live sessions will take place as below:

- SAT 10:00-13:00 & 15:00-16:30
- SUN 10:00-13:00 & 14:30-15:30

SCHOLARSHIP:

We are offering three discounted places to account for the systemic injustice that disadvantages specific groups. As follows:

- One 50% scholarship for anyone who has a genuine desire to teach in underserved communities and is unable to afford the training at full price
- One 50% scholarship for anyone from Black or Minority ethnic background
- One 50% scholarship for anyone who identifies as LGBTQI+

Email us for further details: admin@edinburghcommunityyoga.co.uk



COMMUNITY YOGA YOGA EDINBURGH

Tutors



Lorraine Close and Laura Wilson



Lorraine Close is an experienced trauma informed TCTSY yoga teacher who has been working in community settings since 2014. With a background in nursing in a wide variety of settings including working in a maximum-security prison in Glasgow and 2 years living in India, Lorraine has developed a strong awareness of the connection between emotional and physical health.

As the outreach director of ECY Lorraine is responsible for planning organising and developing outreach programmes at ECY. Lorraine also teaches trauma informed yoga programmes around the city, runs NHS and corporate staff wellbeing programmes and delivers workshops on outreach teaching for yoga teachers. She also works at Edinburgh Medical School teaching clinical skills and resuscitation.

In 2019 Lorraine spent 7 weeks travelling to the US, Canada and Kenya to study sustainability in yoga not for profit as a Churchill Fellow.

SPECIFICATIONS:

Please note this workshop will not be focused on teaching specific asana or on training yoga teachers in a particular style of yoga. It is not a trauma informed yoga training, although it will touch on aspects of trauma informed practice. Our wish is that you can apply the principles you learn with us to your individual teaching style and have the confidence to reach out to groups of people who might not attend a general yoga class.

Whilst this yoga course is designed for yoga teachers, those with a regular yoga practice who work in community settings are very welcome to attend.

Laura Wilson is an experienced yoga teacher and Mindful Yoga Therapist specializing in yoga for mental health, addictions and trauma.

She has been working in community settings for almost a decade and is the founding director of Edinburgh Community Yoga. Laura works therapeutically both in groups and one to one. She is endlessly fascinated by the relationship between mind and body and is motivated by a deep faith in our ability to heal.

Laura also presents and lectures on the importance of body/mind practices for stress management.

Alongside her outreach work Laura also loves to teach hatha and vinyasa flow. Her approach is strong and slow with a detailed focus on alignment and a deep emphasis on internal experience.



Book Online: www.edinburghcommunityyoga.co.uk