

YOGA TEACHER TRAINING COURSE MODULES

TRAINING FOR TEACHERS & STUDENT TEACHERS

EMPOWERMENT THROUGH
EDINBURGH
COMMUNITY
YOGA
WELLBEING FOR ALL

Supporting your Teaching in the Community

This was a very high quality training, packed with useful information. I feel I have gained so much from it.

- Attendee 2020

INTRODUCTION

Edinburgh Community Yoga is the most established Yoga Outreach Organisation in the Country

Edinburgh Community Yoga is a not-for-profit social enterprise. We bring together the well-established and therapeutic system of yoga and the newly forming understanding of the neuroscience around the effects of stress and trauma on our nervous system to offer 'trauma-informed' mental health aware yoga which is free or highly subsidised at the point of service.

We exist to promote physical and mental health and wellbeing and to bridge the gap between marginalised communities and mainstream yoga provisions. Our feedback demonstrates that when people are given agency to improve their mental and physical wellbeing this has a positive repercussion not only for the individual but also for the people they live alongside and care for meaning there is a far-reaching indirect impact of our work.

We are currently running 16 outreach projects, on average 56 classes a month, where we teach approximately 337 attendees or 84 attendees a week.

Essential Knowledge for all Yoga Teachers

Never have the issues of social justice, accessibility and inclusion and power dynamics in our yoga spaces been more relevant or important. These are essential skills for today's yoga teachers working in a contemporary world where these issues are of paramount importance and part of an evolving conversation in the yoga world.

Our Continuing Professional Development (CPD) modules can be delivered as stand alone workshops for yoga teachers or can be delivered as part of a module within a teacher training course. We are aiming to give yoga teachers a solid foundation in understanding issues around access, inclusion and social justice in yoga.

All our courses will discuss some of the practicalities, ethics and challenges of working in community settings and demonstrate practical tools to enable teachers to begin to build the skills necessary to offer inclusive, safer spaces.

TRAINING

We are passionate and experienced community yoga teachers and trainers and want to ensure that teachers and trainees are well informed and prepared.

For Providers of 200, 300 and 500 Hour Teacher Trainings

Our training fits into a number of the Yoga Alliance teaching standards. Number two – Teaching Methodology, number three – Anatomy and Physiology and also number four – Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers.

For Independent Yoga Networks and Organisations

Our training can be delivered as Continuing Professional Development (CPD) modules for teaching networks.

Modules Available

We offer four half day expert training options:

- Social Justice, Accessibility, Inclusion and Power Dynamics in Yoga
- The Neuroscience of the Stress Response and How Yoga Helps
- Introduction to Trauma Informed Practice
- Yoga for Mental Health

Price per Module

Our modules are priced at £400.00 per module.

We offer a 10% discount when booking more than one module at the same time.

Additional donations are welcomed. Your custom helps support the development and sustainability of our Community Outreach Yoga Programs.

Delivery

Our Module(s) can be held in person, facilitated online or a combination of both and all include a combination of discussion, presentation and practical learning. Please note travel expenses may apply for your location.

CPD MODULE 1

Social Justice, Accessibility, Inclusion and Power Dynamics in Yoga

Duration: 4 Hours

This workshop will equip teachers with the understanding to recognise and challenge unhealthy power dynamics in yoga settings and to consider how power dynamics can play out between teachers and students. We will examine some of the ways in which yoga culture can sometimes reinforce unhealthy power dynamics that can contribute to overt or more subtle power abuse and toxic culture within yoga settings, working with real life examples to explore some of the recent conversations around power abuse in yoga.

We will also explore the concept of Social Justice, and some of the complex reasons around inaccessibility and exclusion within yoga and how we can work to contribute to creating a fairer and more just world through yoga. This training will encourage teachers to engage in a process of deep self inquiry around how we position ourselves as teachers in a yoga space and how we can work towards dismantling unhealthy power dynamics in yoga.

We will explore the relationship between trauma and power and consider how this shows up in all yoga spaces or classes. This module will also discuss some of the practicalities, ethics and challenges of working in community settings and demonstrate practical tools to enable teachers to begin to build the skills necessary to offer inclusive, safer spaces.

Students will experience a yoga practice that is empowering and demonstrates how we seek to dismantle unhealthy power dynamics in yoga. Designed to allow the students to experience for themselves the themes discussed and consider how they can be applied to their own teaching and teaching cultures.

Learning Outcomes

- To explore the history of cult dynamics and power abuse in yoga and how that has overtly and subtly contributes to inaccessibility and exclusion for some people
- To understand ways in which yoga teachers intentionally and unintentionally abuse power
- To reflect honestly on our own teaching practice and consider ethical issues around teaching
- To experience ways in which a teacher can empower students through yoga

CPD MODULE 2

The Neuroscience of the Stress Response and How Yoga Helps

Duration: 4 Hours

Many people who attend a yoga class experience the physical and psychological effects of chronic stress. This is particularly true in community outreach settings where many people experience dysregulation of their nervous system. In this workshop we will take a deep dive into the anatomy of the brain and nervous system, the physiology of the stress response and how yoga can help to establish a healthier nervous system and brain. This is an interactive practical workshop where attendees will take part in practices that support nervous system regulation.

Learning Outcomes

- To explore the anatomy of the brain and nervous system
- To explore the physiology of the stress response and the autonomic nervous system in relation to stress
- To consider the impact of chronic stress on mental and physical health and wellbeing
- To demonstrate understanding of how the practice of yoga can help to reduce stress, promote neuroplasticity, support health neuro-transmitter function and help brain structures to adapt and grow to promote wellbeing

This module will also discuss some of the practicalities, ethics and challenges of working in community settings and demonstrate practical tools to enable teachers to begin to build the skills necessary to offer inclusive, safer spaces.

CPD MODULE 3

Introduction to Trauma Informed Practice

Duration: 4 Hours

In this workshop, teachers will develop an understanding of the basics around what is required for facilitating yoga classes in a trauma informed way. This is important in all yoga settings as we do not know who might be in attendance in our yoga classes and we know that trauma is an almost ubiquitous human experience. We can therefore consider a trauma informed practice to be people informed practice. We believe this is an important part of being a yoga teacher that is not always understood.

Trauma informed language helps to create a practice that is empowering, and that centres the student at the core of the experience, making sure they feel truly in charge of their own experience.

Learning Outcomes

- Discuss the fact that trauma is ubiquitous in the human experience
- Describe briefly the impact of trauma can have on the brain and body
- Consider how regular yoga spaces can be re-traumatising or triggering for some people
- Develop skills in using language and class delivery that are more trauma informed

This module will also discuss some of the practicalities, ethics and challenges of working in community settings and demonstrate practical tools to enable teachers to begin to build the skills necessary to offer inclusive, safer spaces.

*This workshop is not in depth enough for you to call yourself a trauma informed teacher or therapist. It is designed to help you make your regular yoga classes more trauma informed- not to give you the skills to work specifically with people who have C-PTSD.

CPD MODULE4

Yoga for Mental Health

Duration: 4 Hours

In this workshop, teachers will develop an understanding of the basics around what is required for facilitating yoga classes in a mental health informed way. This is important in all yoga settings as we do not know who might be in attendance, in our yoga classes. We know that mental health affects a huge percentage of the population. We also know that many people with mental health issues are drawn towards transformative practices such as yoga. We can therefore consider a mental health informed practice to be a people informed practice. We believe this is an important part of being a yoga teacher that is not always understood.

Mental health awareness helps to create a practice that is empowering, and that centres the student at the core of the experience, making sure they feel truly in charge of their own experience.

Learning Outcomes

- Intro to the autonomic nervous system, stress and its link to mental health
- Consider the aspects of yoga that support mental health
- Consider practical ways to make your classes more mental health aware
- Take part in a yoga class which focuses on regulation through 'lifting' and 'lowering' the ANS

This module will also discuss some of the practicalities, ethics and challenges of working in community settings and demonstrate practical tools to enable teachers to begin to build the skills necessary to offer inclusive, safer spaces.

TUTORS

Lorraine Close, Outreach Director



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.

Laura Wilson, Founding Director



Laura is the founding director of Edinburgh Community Yoga. She is also a yoga teacher yoga therapist, specialising in trauma-informed yoga for mental health. She has been practising yoga since 2004 and teaching in mainstream settings as well as in collaboration with third sector organisations, NHS services and Criminal Justice Services since 2011.

Laura is a survivor, practitioner, yoga teacher and therapist, with a gift for understanding the complex relationship between the experiences we have, the subsequent patterning laid down in our nervous system and subconscious, and the interplay between body and mind in integrating these experiences. She is motivated by a deep faith in our ability to integrate, process, let go and reframe, and finds the rich tapestry of practices offered in yoga to be an extraordinary set of tools for navigating life as a human being.