



# TRAUMA INFORMED IMMERSION

**60 Hour Trauma Informed Immersion**

EMPOWERMENT THROUGH  
EDINBURGH  
COMMUNITY  
YOGA  
WELLBEING FOR ALL

**Training Resource | To be used in conjunction  
with online resources**

Welcome to Edinburgh Community Yoga's Trauma-Informed Immersion. This course will be a blend of online and face-to-face sessions. The online work is self-directed, allowing you to complete it at your own pace rather than through live sessions.

# TABLE OF CONTENTS



<b>1</b>	<b>INTRODUCTION</b>	
	<u>Course Facilitators / Important Note</u>	3
	<u>Welcome + Dates</u>	4
	<u>Course Contents / About Us</u>	5
	<u>Structure &amp; Preparation</u>	6
	<u>Learning, Self Care &amp; Contact Details</u>	7, 8
<b>2</b>	<b>PREPARATION FOR DAY1</b>	
	<u>Prior to the Course</u>	9
	<u>Reading List</u>	10
<b>3</b>	<b>WEEKS 1, 2 &amp; 3</b>	
	<u>Wk1 Learning Outcomes &amp; Preparation</u>	11-13
	<u>Prior to Week 1 Checklist</u>	13
	<u>Wk2 Learning Outcomes &amp; Preparation</u>	16
	<u>Prior to Week 2 Checklist</u>	17
	<u>Wk3 Learning Outcomes &amp; Preparation</u>	20
	<u>Prior to Week 3 Checklist</u>	21
<b>4</b>	<b>CONCLUSION</b>	
	<u>Summing Up</u>	23
	<u>Next Steps</u>	24

# Course Facilitators

## Lorraine Close, Outreach Director



Lorraine Close is an experienced trauma informed yoga teacher. Lorraine has 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. Lorraine also works at Edinburgh Medical School teaching clinical skills and resuscitation.

## Hannah King, Teacher and Facilitator



Hannah King is an experienced trauma informed yoga teacher. She is passionate about the internal health benefits of yoga, and using yoga as a tool to reconnect with ourselves, our communities and nature. Hannah has a background in Psychology and over a decades experience of working within community mental health projects, including delivering green and social prescribing programmes.

## An important note on the scope of practice of this learning

The scope of this program will be outlined in our first face-to-face session, but it's important to clarify that this course is designed to help you incorporate a trauma-informed approach into your yoga teaching. It is not a certification in TC-TSY, yoga therapy, or any form of trauma therapy, as these require extensive training and offer something distinct from a trauma-informed approach. Differentiating between these practices is essential to ensure safe and appropriate teaching.

Please note that the facilitators are not trained therapists or counsellors, and it is beyond the scope of this training to provide space for individuals to share or process their own trauma within the group. If you anticipate needing support, please ensure you have the appropriate resources in place.

# WELCOME

## 60 Hour Trauma Informed Training

Welcome to Edinburgh Community Yoga's Trauma Informed Training 2024. This course will run online and face to face. Online work will be self directed and in your own time rather than live.

Face to Sessions will take place over 3 Saturdays (21 Hours):

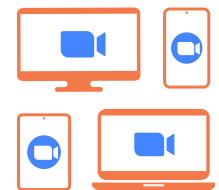
- Saturday 14th September from 10am - 5pm
- Saturday 21st September from 10am - 5pm
- Saturday 28th September from 10am - 5pm



All sessions will take place at Space to Be, 1st Floor, Gyle Shopping Centre, 101 Edinburgh Park, Edinburgh, EH12 9JY -

Optional Online Live Q&A sessions will take place over 3 Fridays (3 Hours):

- Friday 13th September from 6pm - 7pm
- Friday 20th September from 6pm - 7pm
- Saturday 27th September from 6pm - 7pm



All sessions are optional and will be held on ZOOM. Details HERE:

Meeting ID: 879 4043 7933

Passcode: 321585

Online/ Self Directed Coursework, Practice and Reflection (36 Hours).

All coursework will be available from Monday 2nd September





# COURSE CONTENT

Our 60 Hour Trauma Informed Training covers:

- Health inequality, power, intersectionality and social justice
- Power dynamics in the context of yoga
- Neurobiology of stress, trauma and yoga
- The value of embodiment
- Creating accessible yoga spaces using the chair, props and empowered choices
- Principles of trauma informed practice: language, environment, safety, relationships
- Yoga philosophy in trauma informed spaces
- Safeguarding, self care, ethics and putting it all together

## ABOUT US

We are a Community Focused Not-for-Profit Social Enterprise and alongside our Training Courses and Workplace Wellbeing initiatives we also run Community Outreach Yoga Programs, which make yoga available for people effected by trauma and poor mental health. Every penny goes back into the organisation to develop our projects.

We aim to treat every individual with unconditional positive regard and allow them to experience yoga in ways that offer empowerment and choice making. We offer the opportunity for students to experience their body and breath and to find some steadiness of mind in the hope that these experiences can enrich their lives and reduce suffering.



# COURSE STRUCTURE

The course takes a hybrid format of in person face to face learning, online self directed learning, reading and online optional drop in Q&A sessions. You will be given several resources to engage with each week including pre recorded lectures, papers and online content.

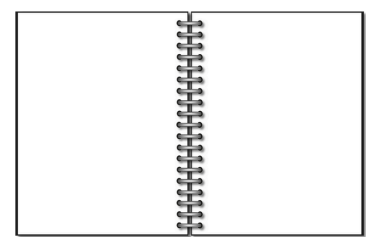
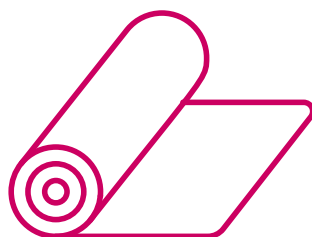
There are several reflective activities/summary pieces that are asked for during the course. These are clearly laid out in this workbook and there is a checklist to help you stay on track. Your work is not marked. It is submitted to Edinburgh Community Yoga by email so we have a sense of how you are getting on with the programme. You can choose to write, audio record or draw your work. Any completed work should be sent to [lorraine@edinburghcommunityyoga.co.uk](mailto:lorraine@edinburghcommunityyoga.co.uk)

## PREPARATION FOR IN PERSON SESSIONS

Our first session will be held on Saturday 14th September 2024 from 10am to 5pm. For the in person sessions please:

- Arrive no more than 15 minutes before the start of each session
- Arrive in your yoga clothes
- Please bring your mat and any props you want to
- Please wear something cosy
- If you wish to bring an eye pillow and your own bolster you can

You will want a pen, notebook/journal , and you might want a snack/water etc.



## USING THE WORKBOOK

The workbook is designed to be used alongside the online platform and material provided on the in person face to face days. We know that reading text heavy documents can be difficult. This workbook is therefore designed to be used electronically to access links and videos but can also be printed for the live sessions if you wish. For the in person sessions we will give you an electronic copy of any slides and you can make notes in this workbook.

## LEARNING MATERIALS

We understand that life can be hectic, and the days can slip by quickly. If you find yourself falling behind on any of the content, please don't worry. There are some homework activities and a few assignments to submit, but remember, you can always reach out to us if you're feeling overwhelmed. Life happens, and this course is meant to support you, not add to your stress.

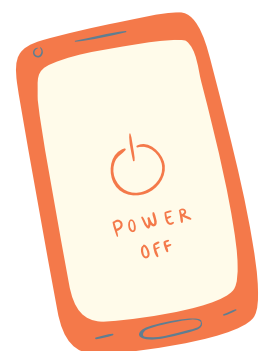
## SELF CARE

The content of this course, while designed to be stimulating, interesting, and engaging, is not light. We strongly encourage you to prioritise your well-being as you progress through the material. We all bring different experiences to the table, and some of the topics may be triggering. Please ensure you have the necessary support in your life to help manage any emotions or responses that arise.

Take your time with the material, and know that you are welcome to take a break from any of the sessions if needed. If you find any of the content particularly difficult to process, please feel free to reach out to us. However, if the material brings up significant emotional responses for you, we may suggest seeking the support of a professional therapist, as supporting this goes beyond our expertise.



I matter



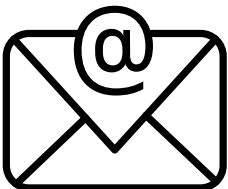
# LEARNING STYLES

The nature of this course means that much of our learning comes from group interaction and the shared process. There will be breakout activities, and we encourage you to engage with each other and the course facilitators during in-person sessions as much as possible.

We understand that writing isn't easy for everyone, so when it comes to submitting reflections or other assignments, feel free to use whatever medium works best for you. Whether it's an audio recording, a drawing, or another format, we're open to how you choose to present your learning and thoughts.

We are really looking forward to meeting you all. Please don't hesitate to be in touch in the meantime. You can contact Edinburgh Community Yoga with any queries during the course.

## CONTACT US



### BY EMAIL

Lorraine Close: [lorraine@edinburghcommunityyoga.co.uk](mailto:lorraine@edinburghcommunityyoga.co.uk)

Administration: [admin@edinburghcommunityyoga.co.uk](mailto:admin@edinburghcommunityyoga.co.uk)



### VISIT THE WEBSITE

[www.edinburghcommunityyoga.co.uk](http://www.edinburghcommunityyoga.co.uk)



### CHAT TO US

Contact us and arrange a suitable time for chat



# PRIOR TO THE COURSE

In advance of the course starting please complete the following:

1. WRITE, DRAW or RECORD: a short reflection on your motivation for joining the course (approximately 300 words). Include what you would like to take away from it.
2. READ this paper by Emerson et al (2009) [Trauma Sensitive Yoga: Principles, Practice and Research](#)
3. READ: the [reading list](#) noting the core texts. It is not essential to buy these in advance of the course but they will be mentioned and you may want to read further on some of the content covered.

Please submit your reflection via email [lorraine@edinburghcommunityyoga.co.uk](mailto:lorraine@edinburghcommunityyoga.co.uk) no later than Friday 13th September 2024.

## CHECKLIST FOR PRE-COURSE LEARNING

- SUBMIT REFLECTION ON WHY YOU WANT TO DO THE COURSE
- [READ 'TRAUMA SENSITIVE YOGA' PAPER](#)
- [HAVE A LOOK AT THE READING LIST \(PAGE 10\)](#)
- [READ THE PREPARING FOR THE IN PERSON SESSIONS SECTION](#)

# IMPORTANT!



Please note you also have some further work to do ahead of the first session on Saturday 14th September. Please ensure you review the work required ahead of Week 1.

# SUGGESTED READING LIST

[AD Bud Craig; \(2014\). How do you feel now? An interoceptive moment with your Neurobiological Self](#)

[Emerson, D; \(2015\). Trauma-sensitive yoga in therapy: Bringing the body into treatment. W W Norton & Co.](#)

[Emerson, D. & Hopper, E. \(2011\). Overcoming trauma through yoga: Reclaiming your body. North Atlantic Books.](#)

[Herman, J L. \(2015\). Trauma and Recovery. Basic books.](#)

[Mate, G. \(2018\). In the realm of the Hungry Ghosts](#)

[Porges, P. \(1995\). The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation: 0 \(Norton Series on Interpersonal Neurobiology\).](#)

[Remski, M. \(2019\). Practice and all is coming. Power abuse and cult dynamics in Yoga. Embodied Wisdom Publishing.](#)

[Rosseau, D. \(2020\). Yoga and Resilience, Empowering Practices for Survivors of Sexual Trauma. Handspring Publishing.](#)

[Stein, A. \(2021\). Terror, Love and Brainwashing: Attachment in Cults and Totalitarian Systems \(2nd ed.\). Routledge.](#)  
<https://doi.org/10.4324/9781003030959>

[Turner, J. \(2020\). Embodied Healing. Survivor and Facilitator Voices from the Practice of Trauma Sensitive Yoga.](#)

[Van der Kolk, B. A. \(2014\). The Body Keeps the Score: Brain, mind, and body in the healing of trauma. Viking.](#)

[Van Der Loopsky, L. \(2009\) Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others: An Everyday Guide to Caring for Self While Caring for Others](#)

# Week 1

## Context, Trauma Theory, Accessibility and Power Dynamics

### Learning Outcomes

1. Consider the wider context of trauma informed practice in Scotland, including marginalisation and systemic inequality in relation to power, health and wealth
2. Describe the work of Edinburgh Community Yoga in this context
3. Discuss the theory around trauma and trauma related disorders
4. Describe the relevance of power dynamics in relation to yoga
5. Consider your own practice and teaching experiences and how they relate to power
6. Develop an embodied experience of a trauma informed practice

## Part 1: Power and Social Justice

In advance of the first face to face session please watch the following introductory videos setting the context in which this course is situated in social justice and power dynamics.

WATCH: [Power a Health and Social Justice Issue](#)

WATCH: [An Introduction to Social Justice by Kat Court](#)

CREATE: A short reflection on what social justice means or looks like to you.

Please submit your reflection via email [lorraine@edinburghcommunityyoga.co.uk](mailto:lorraine@edinburghcommunityyoga.co.uk) no later than Friday 13th September 2024.



## Part 2: Trauma Theory

WATCH: Trigger Warning: This video discusses trauma and trauma informed practice. Please take care of yourself if you choose to watch it.

[Introduction to Trauma Theory by Lorraine Close](#)

This 30 minute video will give some background on the definitions of trauma related disorders and language used around the subject. These concepts will be built on throughout the course, and particularly next week when we look at neuroscience.

WATCH: (Trigger Warning applies): [Trauma Informed Practice in Scotland](#)

WATCH: (Trigger Warning applies): [The Impact of Adverse Childhood Events](#)

## Part 3: Power Dynamics and Abuse in the Yoga Context

Understanding why power dynamics are so important in the yoga context is vital if we are to offer more trauma informed spaces. There have been countless reports of abuse in yoga in the last five years and this raises questions about the power and cult dynamics that can occur in high demand groups. We will explore and discuss this in week one at the face to face session.

Please note the content below discusses sexual and physical abuse. You do not have to view this content.

LISTEN: [Matthew Remski: Exposing Yoga's Culture of Sexual Abuse \(joshsummers.net\)](#)

READ: [How to Respond to Sexual Abuse Within a Yoga or Spiritual Community \(yogainternational.com\)](#)

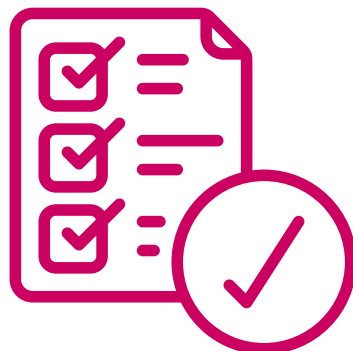
## Part 4: Accessibility in Yoga

WATCH [An introduction to Working with people in bigger bodies.](#)

[Gillian Wilson](#) is an experienced accessible yoga teacher who will join us in week 1one to discuss how to make yoga more accessible for those in bigger bodies. Please watch this introduction as to why body positivity is an important aspect of accessible yoga and if you have any questions write them down in advance of the first face to face session.

### CHECKLIST FOR WEEK 1

- WATCH: [POWER A HEALTH AND SOCIAL JUSTICE ISSUE](#)
- WATCH: [AN INTRODUCTION TO SOCIAL JUSTICE BY KAT COURT](#)
- WATCH: [INTRODUCTION TO TRAUMA THEORY BY LORRAINE CLOSE](#)
- WATCH: [TRAUMA INFORMED PRACTICE AND ACES SHORT VIDEOS](#)
- SUBMIT REFLECTION ON WHAT SOCIAL JUSTICE MEANS OR LOOKS LIKE TO YOU
- LISTEN: [MATTHEW REMSKI: EXPOSING YOGA'S CULTURE OF SEXUAL ABUSE \(JOSHSUMMERS.NET\)](#)
- READ: [HOW TO RESPOND TO SEXUAL ABUSE WITHIN A YOGA OR SPIRITUAL COMMUNITY \(YOGAINTERNATIONAL.COM\)](#)
- WATCH: [AN INTRODUCTION TO WORKING WITH PEOPLE IN BIGGER BODIES](#)





# Week 1: Schedule

Time	Session	Facilitator
1000-1100	Course Introduction and ECY	Lorraine Close
1100-1200	Accessibility and Inclusion	Lorraine Close
1200-1315	Power Dynamics and Attachment	Lorraine Close
1315-1415	Lunch	
1415-1515	Accessibility: Body Positivity	Gillian Wilson
1530-1630	Practice and Discussion	Lorraine Close
1630-1700	Wrap Up, Qs etc	Lorraine Close

# Notes

# Week 2

## The Body Keeps the Score: Neuroscience, Embodiment and the Principles of Trauma Informed Practice

### Learning Outcomes

1. Describe the neuroscience of the stress response and response to trauma
2. Discuss the neuroscience of how yoga works and the implications of this
3. Consider the key principles of trauma informed practice and trauma informed yoga
4. Discuss the link between trauma and mental health conditions

### Part 1: Neuroscience

In advance of the second live session please watch all four neuroscience lectures below:

WATCH: [Introduction to the brain and neuroscience](#)

WATCH: [Neuroscience of the stress response](#)

WATCH: [Trauma and the brain](#)

WATCH: [Neuroscience of how yoga works](#)

It is optional to read the below academic papers:

READ: [Yoga Effects on Brain Health](#)

READ: [CPTSD and EUPD \(Cloitre et al 2014\)](#)

READ: [The Origins of Interoception](#)

## Week 2 Part 2: Embodiment and Choice Making

As we will learn, one of the key aspects of offering trauma informed yoga is choice offering and invitation. For us to be able to authentically do this it can be useful for us to practice this ourselves. We have recorded a chair and mat based trauma informed practice that offers opportunity for choice making. You can also use your own classes/practice as a place to encourage choice/invitation for yourself and see how this feels. Make some notes for week 2's session if you have comments/questions.

PRACTICE: [Trauma Informed Chair Practice](#)

PRACTICE: [Trauma Informed Mat Practice](#)

OPTIONAL READ: [Embodiment Paper](#)

## Week 2 Part 3: Teaching Practice

PRACTICE: Using what you have learned so far can you begin to play around with choice making language in your current classes? Perhaps make some notes on your experience of trying this. It may feel like a familiar style, or perhaps not.

### CHECKLIST FOR WEEK 2

- [WATCH: INTRODUCTION TO THE BRAIN AND NEUROSCIENCE](#)
- [WATCH: NEUROSCIENCE OF THE STRESS RESPONSE](#)
- [WATCH: TRAUMA AND THE BRAIN](#)
- [WATCH: NEUROSCIENCE OF HOW YOGA WORKS](#)
- [OPTIONAL READ: YOGA EFFECTS ON BRAIN HEALTH](#)
- [OPTIONAL READ: CPTSD AND EUPD \(CLOITRE ET AL 2014\)](#)
- [OPTIONAL READ: THE ORIGINS OF INTEROCEPTION](#)
- [OPTIONAL READ: THREE STATES OF EMBODIMENT](#)
- [PRACTICE: TRAUMA INFORMED CHAIR PRACTICE](#)

PRACTICE: TRAUMA INFORMED MAT PRACTICE

PRACTICE: SELF / TAKE NOTES

# Week 2: Schedule

Time	Session	Facilitator
1000-1115	Chair Practice	Hannah King
1115-1230	Embodiment, Trauma and Mental Health	Merrick Pope
1230-1330	Lunch	
1330-1530	Trauma Informed Practice Principles	Lorraine Close
1530-1630	Teaching Practice and Discussion	Group Led
1630-1650	TI Relaxation	Lorraine Close
1650-1700	Wrap Up, Qs etc	Lorraine Close



# Notes

# Week 3

## Putting it all Together, Boundaries, Self Care and Safeguarding

### Learning Outcomes

- Discuss the meaning of vicarious trauma and how it might affect us
- Consider the importance of boundaries and self care
- Demonstrate making time to care for yourself
- Consider how yoga philosophy connects to trauma informed practice and trauma theory

### Week 3 Part 1: Teaching Practice

In advance of the final session please:

**PRACTICE:** Prepare a 20 minute trauma informed practice designed for a group of your choice. Consider all aspects of what we have discussed so far. You will have the opportunity to deliver this session to a small group of your colleagues in the final face to face session. There will be no assessment or direct observation from the teaching team. It is an opportunity for you to practice and we will discuss afterwards as a group.

### Week 3 Part 2: Self Care Practice

**PRACTICE:** Self-care and taking time to recharge are some of the most challenging yet essential aspects of our work. We often prioritize others and sacrifice our own time to rest and rejuvenate. This week, we're asking you to prioritise YOU. We are giving you four hours to dedicate to something you love—something that truly recharges your batteries. Whether this feels easy or difficult, you can use the time in one block or spread it out in smaller chunks. The key is to focus on what you need, in addition to any leisure activities you've already planned. Pay attention to how this experience feels, and consider writing a short reflection or journaling about it.

## CHECKLIST FOR WEEK 3

- PRACTICE: PREPARE A 20 MINUTE TRAUMA INFORMED PRACTICE
- PRACTICE: SELF CARE

# Week 3: Schedule

Time	Session	Facilitator
1000-1030	Trauma Informed Breath practice	Lorraine Close
1030-1200	Teaching Practice	Group Work
1200-1300	Q and A/practice	Lorraine and Hannah
1300-1400	Lunch	
1400-1430	Yoga Philosophy	Lorraine Close
1430-1530	Ethics Boundaries and Disclosure	Lorraine Close
1545-1615	Self Care	Lorraine Close
1615-1700	Wrap Up, Qs etc	Lorraine Close

# Notes

# Summing Up

We hope this course has empowered you to confidently incorporate a trauma-informed approach into your teaching. As you consider your next steps, remember that there's no need to make big changes all at once. Focus on what feels manageable and true to your needs, and take your time to integrate these practices in a way that feels authentic to you.

To complete the programme and receive your certificate please now complete the below:

CREATE: A reflection (less than 500 words if you are writing) that sums up your learning on the programme. Please submit your reflection via email [lorraine@edinburghcommunityyoga.co.uk](mailto:lorraine@edinburghcommunityyoga.co.uk) no later than Friday 18th October 2024.

COMPLETE: [The final feedback and evaluation form](#)

# Certificates

Upon completion of 60 Hour Trauma Informed Immersion course you will be issued with your certificate. Certificates will be emailed to you no later than 31st October 2024.





# Next Steps

Below are some links to further training opportunities that you may be interested in:

- CPD with Edinburgh Community Yoga. Are you interested in teaching yoga to underserved, under-represented and marginalised groups, out-with a regular studio setting? Our certificated CPD module is open to teachers and teacher trainees and will equip you with the skills and expertise to support you to offer yoga in community and non traditional yoga settings. This course is a prerequisite if you are interested in teaching or covering classes with us. 2025 dates will be available in due course [HERE](#)
- [TCTSY 300 hour Certification](#)
- [The Minded Institute Yoga Therapy Training](#)

