

TRAUMA INFORMED TRAINING (60hr) TRAINING FOR TEACHERS

ECYUK
EDUCATE. EMPOWER. EVOLVE

**Supporting your Teaching
Educate. Empower. Evolve**

Join the movement to make every yoga teacher trauma-informed whether working in a yoga studio or as preparation for working in the community with underserved groups.

INTRODUCTION

Educate. Empower. Evolve

Rooted in practice and experience Education for Community Yoga UK (ECY-UK) supports the growth of community focussed, accessible and inclusive yoga and movement programmes through facilitation of trauma informed education, workshops and training that model the practices we aim to share.

Education for Community Yoga UK exists to share the value of trauma informed practice aiming to reduce power dynamics in yoga systems and teaching. ECYUK was founded by Lorraine Close and Laura Wilson, Directors of Edinburgh Community Yoga (ECY), an established not for profit yoga outreach organisation formerly offering trauma informed yoga and yoga on social prescription in Scotland.

We aim to provide yoga teachers and other practitioners with the skills and tools to offer the benefits of yoga in a way that is accessible, inclusive and community based.

We offer facilitated training for yoga and movement teachers and for organisations interested in bringing embodied (body focused) trauma informed practices and processes to their field of work in community health programmes, yoga teacher training and yoga programmes.

We believe that yoga, health and well-being can be and should be equitable, accessible, empowering, inclusive and community focused. We have over fifteen years of experience in delivering trauma informed programmes in Scotland in partnership with the NHS, third sector and Criminal Justice Services gives us a robust practical background and application to our work.

What is it?

Expand on your teaching practice to create more trauma informed yoga spaces.

Are you interested in bringing a more trauma informed approach to your teaching or yoga spaces? Join the movement to make every yoga teacher trauma-informed whether working in a yoga studio or as preparation for working in the community with underserved groups.

Our 60 Hour Trauma Informed Training is delivered by Lorraine Close with a trauma informed approach at its essence and will cover the following:

- 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

COURSE DETAILS

This training will run online and face to face. Online work will be asynchronous (self directed and in your own time rather than as a live session). Face to Sessions will take place over 3 Saturdays 26th September, 3rd October and 10th October 2026 from 10.30am-5.30pm. Online Q&A sessions will take place over Zoom.

the course will take the following format:

- 20 hours in person (Edinburgh Central Youth Hostel, 9 Haddington Place Edinburgh)
- 40 hours of online coursework (self-directed) - Available from 1st September
- Plus Q&A Sessions - Online via Zoom

There will be a focus on reflective practice, practical skills, interactive discussion and lectures delivered by a variety of experts in the field.

What you will not learn

This course will allow you to understand the principles, theory and practice of bringing a more trauma informed approach to your teaching and allow you to consider how yoga can be a practice that can offer people the opportunity to be empowered in their choices. The course will be underpinned and delivered with a social justice lens and will incorporate study of systemic oppression, trauma theory, neuroscience and how we can create safer yoga spaces by developing awareness and understanding of trauma informed practice.

What will I learn

This training does not provide you with a yoga therapy or trauma therapy certificate or give you the necessary skills to use this title. This will be covered in more detail in the course. This course is also not intended to be therapeutic for those who have experienced trauma or to offer space for people to work through their own trauma. Some content may be triggering for some individuals.

Cost

The investment for this training is £720 with different payment options available. There are a small number of scholarships available, please read on below.

Booking

[Click HERE to book](#)

SCHOLARSHIP

We are offering three discounted places to account for the systemic injustice that disadvantages specific groups. Details and Applications are invited as follows:

Cost

Edinburgh Community Yoga will meet 50% of the cost of your course or workshop. You will be required to meet 50% of the total cost of the course or workshop.

Criteria

We are offering three discounted places to specific groups. As follows:

- A) 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
- B) One 50% scholarship for anyone who has experienced racial inequality
- C) One 50% scholarship for anyone who identifies as LGBTQI+

Applications

Please apply via email to: admin@edinburghcommunityyoga.co.uk including the following information. Applications must be submitted no later than 31st March.

- Your full name and contact details
- Which scholarship group applies to you (A, B or C)
- How long have you been practicing yoga for?
- Please tell us which course or workshop your scholarship application applies to

CONTACT US



Email: info@ecyuk.org

Website: www.ecyuk.org

TUTORS



Lorraine Close, 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, Director

Laura is the founding director of Edinburgh Community Yoga and is a 500 hour Yoga Therapist specialising in trauma-informed yoga for mental health.

She is also an experienced trauma-informed yoga teacher with 15 years experience teaching and training yoga teachers to work with marginalised groups and working in community settings on outreach programmes.

As a survivor, practitioner, teacher and therapist, Laura has 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. More details [HERE](#)

ATTENDEE INSTRUCTIONS

Venue

We are looking forward to learning in the same space as you.

Please ensure you:

- Have secured your space in advance
- Arrive no more than 15 minutes before the start of each session
- Arrive in your yoga clothes
- Please bring your mat, belt, blocks and blankets
- Please wear something cosy.
- If you wish to bring an eye pillow and your own bolster you can.

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

Booking Details

If you have opted to pay in 3 instalments we will be in touch shortly with payment details.

Please don't hesitate to get in touch if you have any questions at all



Attendee Feedback

The course was well thought out in an accessible in format and made learning easy and enjoyable. The sense of community was strong, even over just a few days. It has made a lasting impact on me that I will value always.

Lorraine is a brilliant teacher! The space felt very held and safe and amazing to connect with like minded interesting people. Loved it!

ECY's trauma-informed training has been one of the most rewarding learning experiences I've had since becoming a yoga teacher. The material is presented in a clear and accessible way—straightforward and easy to absorb. It's full of insights I know I'll apply in my teaching and in my day-to-day life. I really appreciated the openness and the range of perspectives it encouraged. The discussions with the facilitators and other attendees were genuinely invaluable. I couldn't recommend this course more highly!

This is one of the best pieces of CPD that I have ever completed. I have come away with new knowledge and ideas around the complex interplay between trauma, neuroscience and yoga, social justice and power dynamics and how to practically and meaningfully implement choice, collaboration, trust, safety and empowerment in a yoga class. It was the facilitators experience of teaching community yoga and working with people who have experienced trauma, which was shared and explored very freely, that brought the theory and material to life and helped consolidate the learning around trauma, neuroscience and yoga. Thank you ECY, Lorraine and Hannah

Feedback from attendees, September 2024

