

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

We are a Community Focused Not-for-Profit Social Enterprise who 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. Working with us helps support the development and sustainability of this work and means we bring a wealth of on the ground, real life experience to our training for teachers.

We run an average of 40 Outreach Community Yoga Classes each month and 30 Public Yoga Classes. Our public classes are subsidised by us and the majority of our students use our concession rate of £5 or subsidised rate £1 for each class they attend.

Our Outreach Programs run with: NHS Mental Health Settings (inpatients and outpatients), Self-Harm Service, The Hive, Forensic Psychiatry, Shakti Womens Aid, Womenzone (Comas), Saheliya, Edinburgh, Veterans, Veterans Community Café, Steps to Hope, Whiteford House, Personal Recovery Centre, Serenity Café, Alcohol Related Brain Damage, Unit-Penumbra Milestone, Lothian Edinburgh Abstinence Programme (LEAP), Triple A, Salvation Arm, Penumbra, NHS Theatre Nurses and many many more!

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 todays 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 three 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

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

Your Module(s) can be held in person, facilitated online or a combination of both. 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

Attendees will receive a comprehensive handout and a reading list for those interested in exploring further.

CPD MODULE 2

The Neuroscience of the Stress Response and How Yoga Helps

Duration: 4 Hours

Many people who turn up in 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.

Attendees will receive a comprehensive handout and reading list for those who are interested in exploring further.

CPD MODULE 3

Introduction to Trauma Informed Practice

Duration: 4 Hours

In this workshop you 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 turn up in our yoga classes and we know that trauma is an almost ubiquitous human experience. We can consider trauma informed practice to be people informed practice and 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.

Attendees will receive a comprehensive handout and reading list for those who are interested in exploring further.

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 Wilson is an experienced yoga teacher and Mindful Yoga Therapist specialising 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



DONATIONS

Get Involved with Edinburgh Community Yoga

In 2020, the pandemic had a devastating impact on our ability to raise income through our public classes, trainings and corporate wellbeing programmes. We are always extremely grateful to receive donations all of which go towards helping us to continue to provide yoga and meditation classes to underserved, minorities and marginalised communities free at the point of service.

We would love the opportunity to work with your organisation, studio, teachers and trainees. If you have any ideas or suggestions on how we can make this happen, please do get in touch.

We would not be able to pioneer such innovative and successful projects without the fantastic level of support we receive from the yoga community.

CONTACT US



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