

# TEACHING YOGA IN COMMUNITY SETTINGS

TRAINING FOR TEACHERS

EMPOWERMENT THROUGH  
EDINBURGH  
COMMUNITY  
YOGA  
WELLBEING FOR ALL

**Supporting your Teaching in the Community**

The sessions were all well delivered. Full of easy to understand content and lots of inspirational real life examples.

- Attendee 2019

# INTRODUCTION

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

We are a Community Focused Not-for-Profit Social Enterprise and alongside our 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. Your custom helps support the development and sustainability of this work.

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 Army, Penumbra, NHS Theatre Nurses and many many more!

## What is Community Yoga?

Community yoga is the act of taking yogic practices into communities that may not easily access a public yoga class or studio. In the west, yoga has always had an association with esoteric, alternative lifestyles and spiritualism that can make it seem unappealing to many people.

As it has gained in popularity over the last few decades it has also gained a reputation as an activity for the fit and flexible. With the emergence of social media it has also become a victim of body fascism and an obsession with image and perfectionism.

When taking yoga into community settings we are aware of, but seek never to perpetuate the predetermined ideas people may have of yoga. We are clear it is a mindful body/mind practice which works to help still the mind and reduce suffering through moving and breathing. Edinburgh Community Yoga believe our role is to promote the authentic aspects of the yoga practice and make our students feel as included and accepted as possible.

# WORKSHOP DETAILS

Edinburgh Community Yoga's Teaching Yoga in Community Settings Workshop is designed to equip you with the skills and expertise to support you to offer yoga in community and non-traditional yoga settings.

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

Never have the issues of accessibility, inclusion and power dynamics in our yoga spaces been more relevant or important.

**When** Saturday 17th and Sunday 18th September 2022

**Times** SAT: 12:00-16:30  
SUN: 09:30-17:00

**Location** Beetroot Sauvage, 33-41 Ratcliffe Terrace, Edinburgh, EH9 1SX

**Cost** £150.00

**Booking** [HERE](#)

## Course Content

The course structure is a combination of pre-recorded content and in person sessions. There are approximately 2 hours of pre-recorded lectures which you are required to watch prior to attending the weekend workshop.

- Accessibility and inclusion
- What yoga might offer in community settings
- The neuroscience of the 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

## 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.

# 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 Minded 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



# 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](mailto:admin@edinburghcommunityyoga.co.uk) including the following information:

- 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



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