

TRAUMA INFORMED TRAINING TRAINING FOR TEACHERS

EMPOWERMENT THROUGH
EDINBURGH
COMMUNITY
YOGA
WELLBEING FOR ALL

Supporting your Teaching

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

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 80 Outreach Community Yoga Classes and Social Prescribing Classes each month. Our public classes are free or by donation.

Our Outreach Programs are supported and run by: Edinburgh Old Town Development Trust, HMP Edinburgh, B Healthy Together, ARBD Milestone Service, LEAP (Lothians and Edinburgh Abstinence project), Thistle Foundation, TALO Gilmerton, Health All Round, Holy Rood RC High School, ARBD Milestone Service, Let's Talk, Cameron Park Nursing Home, Score Scotland, Beacon Club, Craigmillar Medical Practice, Community Wellbeing Collective, The Healthy Agency, Thistle Foundation, The Bothy, NHS Mental Health Settings (inpatients and outpatients), Self-Harm Service, Gracemount Mansion Development Trust Womens Aid, Social Bite Village, Saheliya and many many more!

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 14th, 21st and 28th September from 10am-5pm.

the course will take the following format:

- 20 hours in person (Space to Be, Gyle) - 14th, 21st and 28th September
- 40 hours of online coursework (self-directed) - Available from 1st September

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

What will I 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 you will not 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 £660 with different payment options available. There are a small number of scholarships available, please read on below.

Note: If you are signed up to our trauma informed training you are eligible for a 25% discount on our one day CPD course 'Using a chair to support accessibility' with Lorraine Close and Moira McFarlane.

Booking

Click [HERE](#) to book

TUTOR



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.

Attendee Instructions

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.

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:

- 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: admin@edinburghcommunityyoga.co.uk
Website: www.edinburghcommunityyoga.co.uk