

WELCOME



ENBURGH COMMUNITY go

Shape of Today

100-1100: Welcome and Introduction to ECY and each other

1100-1200: Accessibility and Social Justice

1200-1315: Power Dynamics and the Yoga context

1315-1415: LUNCH

1415-1515: Gillian Wilson: Body Positivity and Accessibility

1530-1630: Practice

1630-1700: Sum and Close



Ways of Working

- Some content may be triggering for some people.
- Please interact and ask questions
- Maintain respect confidentiality and boundaries throughout the weekend
- Look after yourself- move, drink water and do something nice in the break
- Scope of Practice: This is not a yoga therapy or 'trauma healing' training
- Please get in touch with me if you are having any



WHAT MIGHT YOU DO WITH THIS TRAINING

1. Bring a more trauma informed approach to your existing classes
2. Work with an organisation to deliver trauma informed yoga
3. Teach a trauma informed yoga class on your timetable
4. Bring trauma informed work into your other therapeutic work with people affected by trauma



WHAT YOU CAN'T DO WITH THIS TRAINING

1. Call yourself a yoga therapist for trauma
2. Offer any kind of talking therapy or processing of traumatic experience
3. Offer one to one therapeutic work in trauma recovery with yoga
4. Call your existing classes trauma informed if they aren't
5. Deliver TC-TSY/call yourself a TC-TSY facilitator



OUR PERSPECTIVE

Social Justice

Non Spiritual Bypassing or use of 'Toxic Positivity'

Deep connection through our work as an org and individually to yoga philosophy through Yamas and Niyamas, the Yoga Sutra and sense of connection

Practice of Self Reflection of high importance, individually and as an organisation
- the whys the hows and the what nexts.





OUTREACH

Prisons, psychiatric hospitals, third sector orgs



COMMUNITY

Public classes, social prescribing, retreats and workshops.



WORKPLACE

NHS staff wellbeing, corporate





Our vision

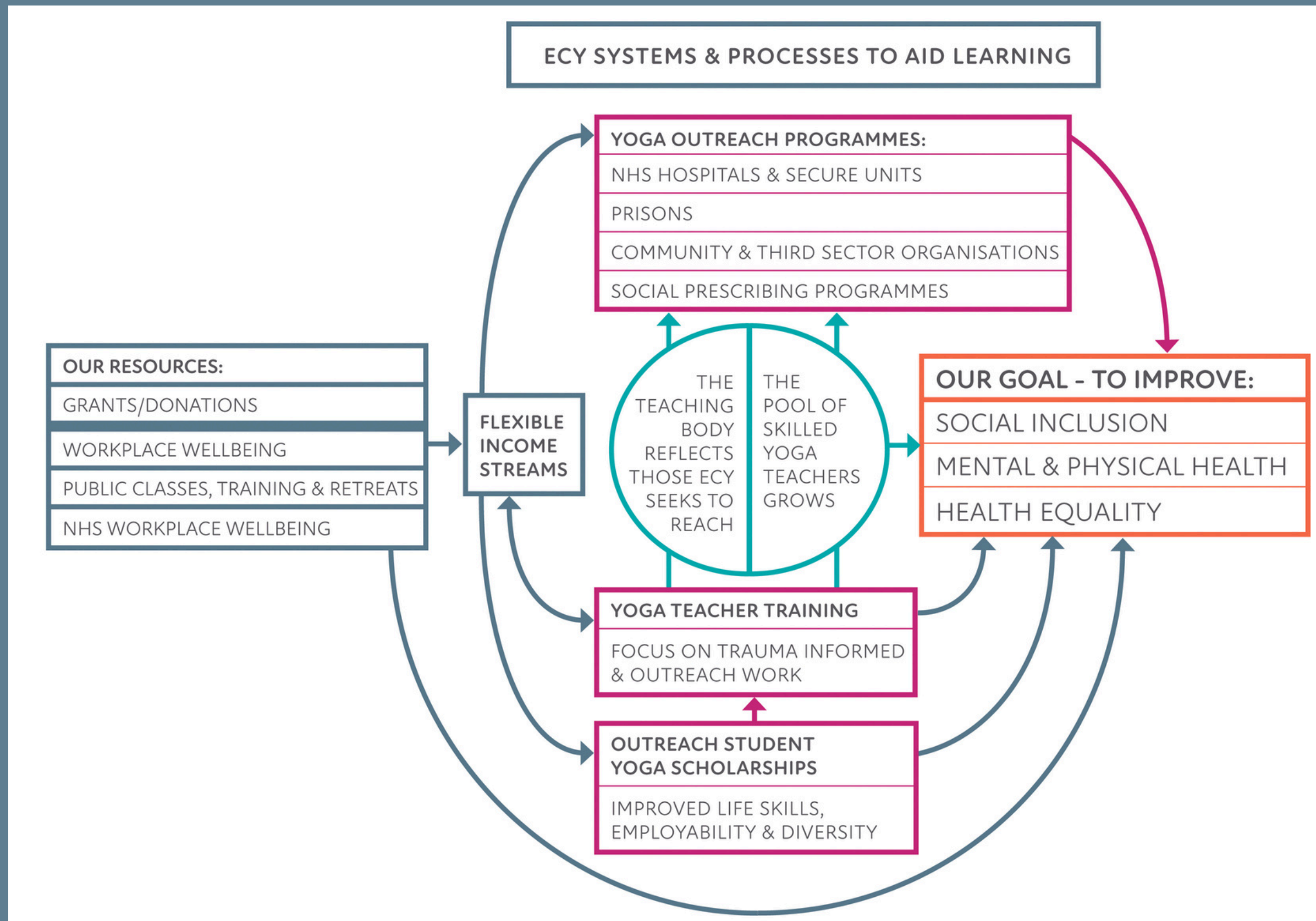
encompasses the yogic values of respect and compassion and the humanist ideal of unconditional positive regard. We believe in social equity and work towards an inclusive world where each individual has access to and is empowered by the practice of yoga.

Our Mission

We work across cultural, economic and health barriers that may exclude people from yoga. We aim to provide a learning environment that is safe and supportive, and to equip people with the skills to deal with stress, and improve health and mental well-being



ECY THEORY OF CHANGE

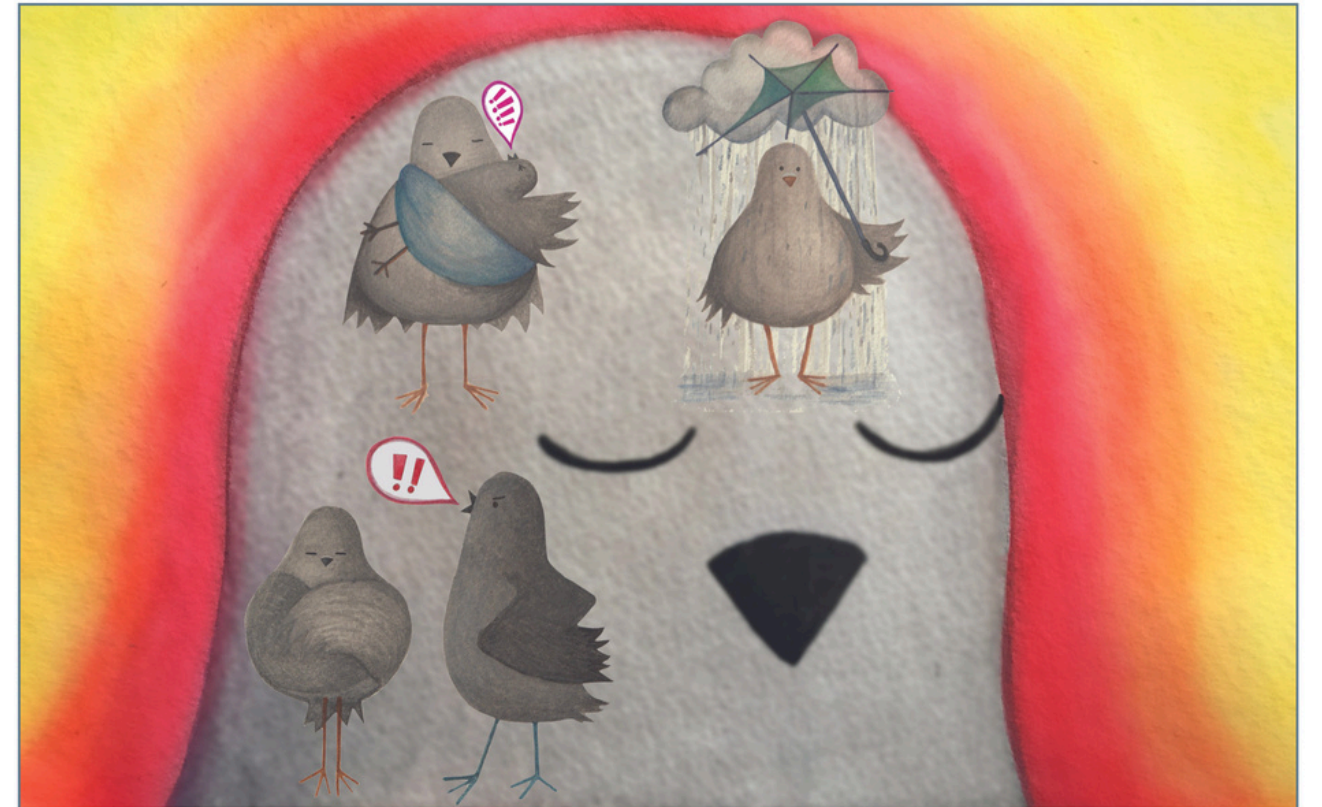




Edinburgh Community Yoga offers inclusive and accessible classes to all. Everybody is welcome to Edinburgh Community Yoga classes.



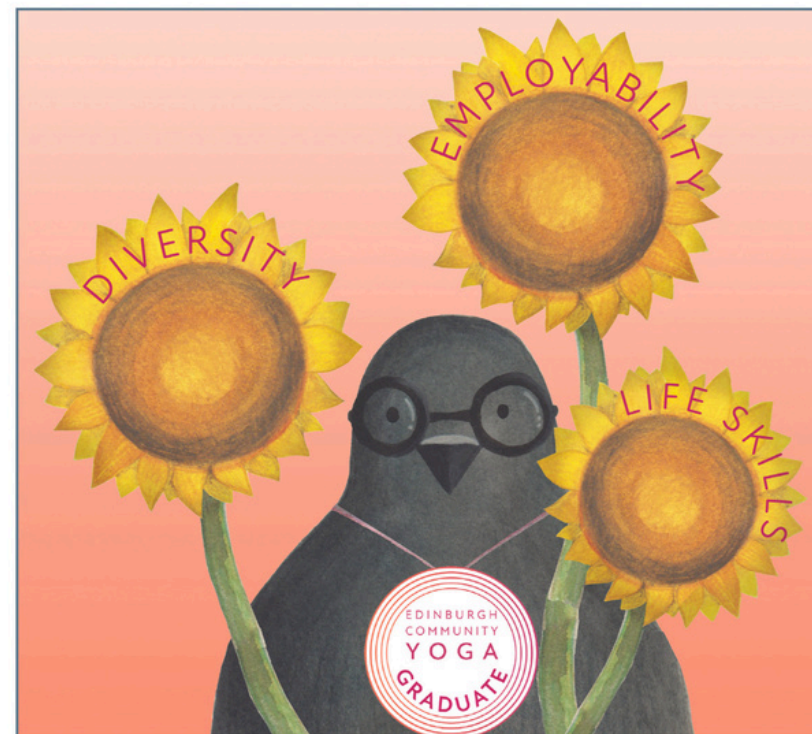
Classes take place in community settings, hospitals and prisons to provide opportunities for everybody to benefit from doing yoga.



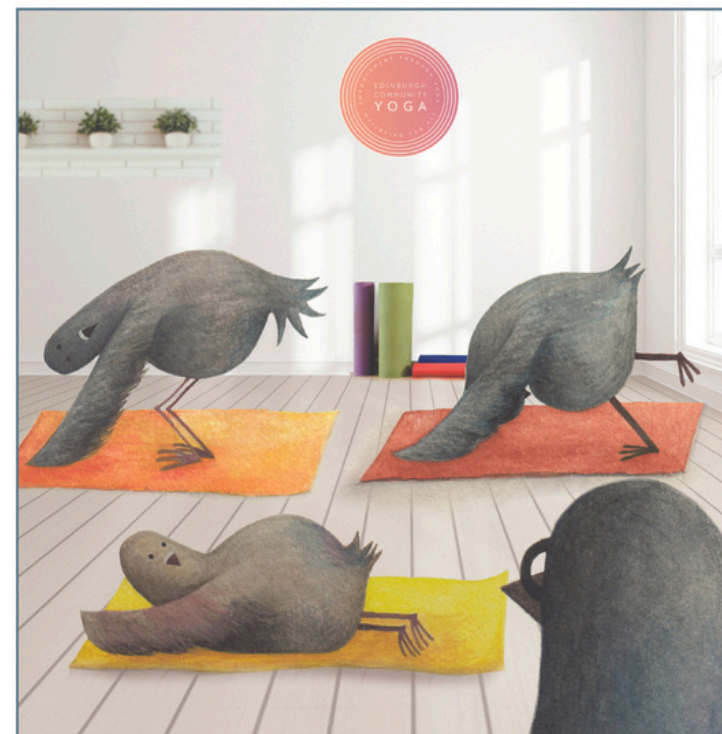
Practicing yoga can help to improve mental and physical health. It can help to feel balanced and to build emotional resilience to support us when we experience stress and conflict in our everyday lives. It can help us stay in the present moment and perhaps feel safer in our bodies.



Edinburgh Community Yoga also offer scholarship and mentorship to outreach students who want to study yoga in more depth, or perhaps to become yoga teachers.



Studying yoga helps with life skills, may increase employability and increases diversity in the yoga community.



New teachers can go on to provide yoga classes in their communities with a unique insight into creating inclusive and welcoming opportunities for all.



ECY-What we do

Ensuring accessibility and inclusivity

Breaking geographical, cultural, economic and health barriers

Taking yoga into diverse, atypical environments

Change the dominant culture around Yoga



Why do we do this work



We believe in Social Justice and Health Equity



We recognise the systemic injustice that disempowers and disadvantages many people (race, gender, mental health, wealth)



We know that access and inclusion is more than saying you are accessible and inclusive



We understand that many people in the community settings we work in have experienced trauma and Adverse Childhood Events leading to high levels of emotional dysregulation, disconnection and isolation





Who We Serve



Women affected by trauma



People who self harm



Military veterans



Older adults



LGBTQI+



Who We Serve



Prisoners



NHS staff



Patients in open and secure psychiatric hospitals



People in recovery from substance addiction



People living with long term health conditions



Who We Serve

“Trauma informed yoga has given me a space in which I can safely and gradually reintroduce myself to my body and start to heal. I look forward to the class like a shining light in my week. There is no doubt in my mind that I am better able to heal in this space where I am treated as a person rather than a patient. I only wish that this class had become part of my mental health journey earlier. Thank you ECY.”
(participant in our women’s trauma informed class)



Business Model



Not for profit Social Enterprise



All profit goes back into the organisation and is available to subsidise the outreach projects we run.



ECY funds or partially funds at least 2/3 of our outreach programmes



Grant awards, fundraising and donations provide us with much of our income to do this work





WHO WE ARE



WHO YOU ARE?



WHY YOU ARE
HERE?

INTRODUCTIONS