

Short Description for Workshop: Yoga to Heal the Mind and Body

Mindfulness and yoga are simple tools available to reduce stress, increase attention, and improve overall health; for this reason yoga and mindfulness are equally helpful for survivors, caregivers and clinicians alike. As with any tools we employ in life, it is crucial to be aware of how and when to utilize these tools to maximize benefit and minimize harm.

An important component of healing is reducing stress, both as it relates to traumatic experiences and as it is experienced in current time. Yoga has been found to modulate stress response systems, reducing an individual's perceived stress and anxiety and research indicates that yoga and mindfulness techniques can significantly impact stress levels and can be beneficial for health and healing.

The goal of this workshop is not only to educate clinicians about the impact of secondary stress on their mind and body, it is designed to allow the attendee to practice breathing, grounding and centering techniques that are helpful in managing stress responses.

The final hour of class will be spent learning restorative Yoga postures. No previous Yoga experience is required. All postures are taken on the floor with supportive props.

Agenda:

- 1:00 welcome and housekeeping
- 1:05 Statistics on the frequency of occurrence of secondary trauma in helping professionals
- 1:20 Presentation of research findings of helping professionals and exposure to secondary traumas
- 1:40 Presentation of avoidance, arousal and symptom severity
- 2:00 How the brain is rewired from vicarious trauma
- 2:30 How Yoga helps people recover
 - Orienting, grounding, centering and breath work
- 3:00 Restorative yoga practice
- 4:00 Q and A and evaluations