

Trauma Informed Yoga and Healing for Survivors

Sample Group Classes
Growing World Wellness
Lori Lindgren

Learned While Teaching:

- Consistency of the yoga and teacher seem to provide comfort in students
- Movements they can do today are more helpful than hard to reach poses as a goal
- Connecting moves to something that comes up in conversation, low back pain, neck pain, etc. adds interest and sense of feeling heard
- Honor breaks, modifications or rest taken or requested
- Support their decisions and offer options/rest

Yoga practice #1

- Seated or standing feel ground- notice that you are breathing
- Feet hip width - press toes down
- Circle spine one direction then opposite x5
- On inhale lift arms to the sides and up
- On exhale lower arms to body x5
- Add neck - look up on inhale, down on exhale
- Shoulder circles starting to front - R arm then L x5, Both Arms x5
- Shake fingers hands arms

Art and Journaling

- Pause, reflect, create
- Journal or just write words
- Draw or doodle with marker, pen or pencil
- Opportunity - not obligation to share

Yoga Practice #2

- Standing or Seated - Twist to comfort & hold
- Arms up eyes up if its ok with your neck
- Arms down fold forward - body to legs
- Hand up to knees pause - spine parallel with floor - body to legs
- Arms to sides and all the way up
- Elbows bend as arms come down x5
- Tree pose optional support
- Chair Pose

Yoga Practice #3

- Standing or Seated - R leg back - warrior
- Arms circle with breath - other side
- Lunge - Arm up with breath - other side
- Chair pose - arms open one side, middle, other side
- Standing back bend - fold forward - squat
- Cobras
- Sit on floor legs in front soft knee fold forward
- Bend one knee - fold, switch knees - fold
- On back knee sway
- Resting pose

Bracelet

- Grab a string (at work, include beads)
- Find a person - either next to you or someone you've noticed who has a quality you'd like to acknowledge.
- Tie a knot and state the quality you appreciate.
- Keep going until everyone has a knotted string on their wrist.
- Return to seat - notice - share

Reflect on a good feeling

- In class keep thoughts in present
- Keep language simple
- Keep suggestions “do able”
- Offer options to stay in previous movement or go back to it
- Offer sivasana on side or belly even before back
- Incentives - often gift cards are used in group for participation

References

- Emerson, D., Hopper, E. (2010)
Overcoming Trauma through Yoga