

Using Yoga in Your Work™

Skills Development Training

Overview

This program provides front line support workers, care providers, social workers, occupational therapists, and teachers across multiple social service settings with yoga techniques to integrate in their daily work with clients and for their own self-care. No yoga experience necessary.

Why Yoga?

Yoga is a non-invasive, and therapeutic method that has been used for centuries to address a variety of health conditions. Research shows that yoga used with complementary therapies offers effective stress reduction techniques for populations living with mental health challenges, addictions, trauma-related obstacles, and incarcerated populations.

Goals & Delivery

This training will teach participants how to practice and lead trauma-informed yoga techniques, including therapeutic breathing, grounding chair-based movement, and mindfulness practices in order to help address emotional and physical self-regulation.

We offer half and full day trainings facilitated right in your workplace. Our interactive teaching methods provide participants with theory, practice, and teaching skills to integrate yoga techniques into their work with clients, and for their own self care.

About Yoga Outreach

Yoga Outreach partners with social service organizations and volunteer yoga instructors to offer strengths-based and trauma-informed yoga programs for adults and youth living with mental illness, addiction, poverty, violence, trauma, and imprisonment. Yoga Outreach has been serving the community since 1996, and currently supports 12 facilities throughout the Lower Mainland.

Book a Session Today!

To book your session or to learn more, please contact us.

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Visit yogaoutreach.com to learn more about the work we do.