



Using Yoga in Your Work™

In either a half or full day format, the **Using Yoga in Your Work™** curricula will provide attendees with the skills needed to incorporate breathing, mindfulness, grounding, and chair based movement into their work with both youth and adults. **Backed by research into the benefits of mindfulness-based stress reduction techniques and trauma-informed yoga, this workshop will provide participants with a solid foundation to use these tools.** Highly experiential, this training will guide participants through several simple yet powerful exercises that they will be able to utilize in their everyday work.

Abbreviated Course Description (synopsis)

This course will train counselors/support workers in the effective and compassionate application of specific therapeutic breathing (*Pranayama*) and grounding techniques, trauma informed chair Yoga (*Asana*) and mindfulness practices when working with clients in order to address various symptoms associated with trauma including emotional and physical self regulation.

Target Audience

This training is designed to meet the needs of front line support workers, care providers, social workers, occupational therapists, and teachers across multiple social service settings.

Evidence of Need or Interest

Yoga Outreach has observed that many of the populations we serve embody the multiple risk factors for mental health challenges, addictions, incarceration, and trauma related obstacles.

Therapeutic breathing (*Pranayama*) and grounding techniques, Yoga (*Asana*) and meditation are non-invasive therapeutic interventions that have been widely used for centuries in order to address a variety of health conditions. Research supports the benefit of these techniques as complementary therapies for adults and youth living with a wide variety of mental health issues, for stress reduction and for increasing overall well-being (Kabat-Zinn, 1990; Ernst, 2006; Tullis, 2007; Visceglia, 2007; Daubenmier, 2005; Kenny, Bernier & DeMartini, 2005; Campbell & Moore, 2004). By supporting and enhancing the efficacy of other therapeutic interventions, these techniques can contribute to the long term stability of clients.



Some Further Benefits Include:

- Increased body/self awareness and acceptance. The development of a sense of safety in the body (Emerson, 2009).
- Increased self esteem.
- The opportunity to practice being in the present moment.
- Stress reduction.
- Improved sleep.
- An opportunity to practice making choices and therefore gain an increased sense of autonomy and empowerment (Emerson, 2009).
- An opportunity to take effective action through “corrective experience” (Emerson, 2009).
- An effective way to explore a sense of time; that all events have a beginning, middle and end (Emerson, 2009).
- Frameworks for supporting long lasting changes which help maintain a healthy lifestyle.
- A positive method for coping with negative emotions, depression and anxiety.
- Decreased depression and anxiety.
- Increased self regulation.
- A decrease in autonomic dysregulation which is associated with a decrease in symptoms associated with PTS and PTSD (Emerson, 2009).

Research also suggests that these techniques are highly effective therapeutic interventions for individuals suffering specifically from PTS and PTSD when used in a complementary manner alongside traditional treatments (Emerson, Sharma, Chaudhry & Turner, 2009; van der Kolk, 2009; Sutkin, 2009).

Bessel Van der Kolk, MD a clinician, researcher and teacher in the area of posttraumatic stress since the 1970's states, “People with PTSD lose their way in the world. Their bodies continue to live in an internal environment of trauma . . . time stops for people who suffer from PTSD . . . the body keeps replaying the past. If you practice Yoga and can develop a body that is strong and feels comfortable, this can contribute substantially to help you to come into the here and now rather than staying stuck in the past” (Interview, 2009).



Learning objectives & Outcomes

Module 1 - Application of Grounding Techniques

Module 1 trains support professionals to increase capacity for the use of grounding practices in working with clients. These techniques will support clients in their ability to impact their own emotional, mental, and physical self-regulation. Documented benefits of these practices include increased body awareness and a more positive relationship to their bodies.

Module 2 - Application of Therapeutic Breathing Techniques (Pranayama)

Module 2 begins with training of support professionals in the use of therapeutic breathing techniques (*Pranayama*) in working with clients. These techniques will support clients in their ability to impact their own emotional, mental, and physical self-regulation. Documented benefits of these practices include reduced aggression, decreased reactivity and an improvement to overall well-being.

Module 3 - Application of Trauma Informed Chair Yoga (Asana)

Module 3 introduces support professionals to the use of mindfulness based Yogic practices (*Asana*) for emotional self-regulation in working with clients. Documented benefits of these practices are as in outcome one, in addition, they have been shown to enhance impulse control and self-regulation.

Module 4 - Application of Mindfulness Based Stress Reduction Techniques

Module 4 trains support professionals in the use of mindfulness based stress reduction techniques for emotional self-regulation practices in working with clients. Documented benefits of these practices have been shown to enhance self-control and self-regulation.

About Yoga Outreach

Yoga Outreach partners with volunteer yoga instructors, community organizations, social service agencies, and correctional facilities to provide mindfulness-based yoga programming to often over-looked adults and at-risk youth. Yoga Outreach programs are strengths-based and trauma-informed serving men, women, and youth facing challenges with mental health, addiction, poverty, violence, trauma, and imprisonment. In addition, we provide training, ongoing mentorship, and community building opportunities to yoga teachers and community support professionals to enhance the delivery of yoga in these settings.

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

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Or visit yogaoutreach.com to learn more about the work we do.