

## **Reading & Reflection Questions: Nicole Marcia**

Answers (300 - 500 WORDS MAX) are due via email or hard copy on the first day of the training: March 13, 2020

### **Article #1: Addictions and Trauma Recovery, Janina Fisher Ph.D (edited for length)**

1. Does this article change your perception and understanding of addiction in any way? If so, how?
2. What do you understand by 'self-regulation' and 'dysregulation'?
3. Can you think of some ways in which yoga offers alternative methods for self-regulation?

### **Article # 2: Yoga and Post Traumatic Stress Disorder, Dr. van der Kolk interview**

1. Did you learn anything new about trauma from this article? If so, what? What are some of the ways yoga can be helpful for trauma survivors as described by Bessel?

### **Article # 3: Explaining White Privilege to a Broke White Person, Gina Crosley-Corcoran**

1. As you reflect on the topic of privilege from your individual perspective, what are some ways you experience privilege in your own life, and how does your awareness of your privilege, or lack of privilege, affect your actions? In what ways do you see privilege manifest in the yoga community?

### **Article # 4 Trauma-Sensitive Yoga: Principles, Practice, and Research, David Emerson, E-RYT, Ritu Sharma, PhD, Serena Chaudhry, Jenn Turner**

1. What are some of the ways listed here in which a trauma sensitive class might differ from a 'regular' yoga class?
2. How might you personally need to adapt your approach in order to teach a trauma sensitive class as described here?

### **Article # 5 When Yoga Becomes Psychotherapy, Dan Charnas**

1. How do you feel about the author's approach to managing the distinction between yoga teacher and therapist?
2. What do you consider to be within your scope of practice as a yoga teacher? What might arise in class that would be outside of/beyond your scope of practice and how would you respond to that?

### **Article # 6: Principles of Strengths-based Practice, Wayne Hammond Ph.D (edited for length)**

1. Is this a new approach for you? If you are a yoga teacher, how does it intersect with how you were trained to teach yoga? Or if you have attended yoga classes, how does it fit with your experience of those classes?
2. How do you see strengths-based practice intersecting with the philosophy of yoga as you understand it?

### **Video: Alison Granger-Brown Parts 1 - 3**

1. Did you learn anything new about the correctional system while watching this? How might you present yoga in a way that respects the cultural diversity of students?

2. How might you deal with someone asking you a question you're not comfortable answering?
3. What kind of expectations do you hold around teaching yoga in Service settings? Do you have ideas around what 'success' might look like? How would you feel about teaching in a correctional environment? What comes up for you when you consider this field?