

Reflection Questions

1. What was the most valuable thing you learned from this article (Radical Understanding)?
 2. Do you agree with Burstow's assertion that we should eliminate the diagnosis of PTSD and separate trauma work from the mental health system? Why or why not?
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1. What was the most valuable thing you learned from this article (Breathwork)?
 2. Do you think yoga teachers should push to have yoga included in the mental health system as a treatment for anxiety and depression? Why or why not?