

Resources & Reflection Questions

Complete the resources below and submit the reflection questions associated with them.

*You will be asked to hand in your reflections at the beginning of the training. Please bring them with you on the first day hardcopy **or** email them to your facilitator. We ask that you limit your answers to 300 words or less per question.*

Read Article #1 Addictions and Trauma Recovery, Janina Fisher Ph.D (edited for length) [Attached to email](#)

1. Does this article change your perception and understanding of addiction in any way? If so, how?

Read Article #2 Trauma-Sensitive Yoga: Principles, Practice, and Research, David Emerson, E-RYT, Ritu Sharma, PhD, Serena Chaudhry, Jenn Turner [Attached to email](#)

1. What are some of the ways listed here in which a trauma sensitive class might differ from a 'regular' yoga class?

Read Article #3 The Science of Using Yoga to Heal from Trauma by Mika Doyle [Attached to email](#)

1. How are power dynamics addressed in trauma sensitive Yoga?

Read Article # 4 Peculiar Benefit by Roxane Gay: <https://therumpus.net/2012/05/peculiar-benefits/>

1. In her article, Roxane Gay encourages us to use our privilege for the greater good. She also highlights the blowback people with privilege may experience when they speak from their own experience. This blowback arises in part, she says, in reaction to "the many historical and ongoing attempts to silence and render invisible marginalized groups." Reflecting on this tension, and the entire article, how will you use your privileges for the greater good, while also remaining mindful of the historic and ongoing silencing of marginalized groups?