

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. No yoga experience necessary.

Why Yoga?

Research shows that yoga used alongside complementary therapies offers effective stress reduction for populations living with mental health challenges, trauma related symptoms and substance use disorders. Yoga is non-invasive and provides therapeutic practices that can be explored to address a variety of health conditions.

Goals & Delivery

This training will explore trauma-informed yoga techniques, including therapeutic breathing, grounding practices, gentle chair yoga, and mindfulness practices to address various symptoms associated with trauma, including emotional and physical self-regulation.

We offer a half day or full day training facilitated right in your workplace or online. Our interactive teaching methods provide participants with theory and practice 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 facing challenges with mental health, addiction, poverty, violence, trauma, and imprisonment. Yoga Outreach has been serving the community since 1996, and currently supports facilities throughout British Columbia.

Book a Session Today!*

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

info@yogaoutreach.com | 604.385.3891

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

***Please note:** Attendees are requested to arrive on time and stay for the full session. If staff are not able to attend the full session, please consider an alternate date. Certificates of completion will only be issued to those who stay for the full workshop. Sessions can't be completed by watching recordings.