

## Yoga 911 20 and 30 hour Course Offerings

### **'The time has come for First Responders to respond to themselves'**

**Objective:** To bring an experience of self-care to the First Responder community, including those who care for and about them, through education and practice in yoga as a mind/body therapy.

Attend this training to develop knowledge and a skillset in the therapeutic effects of an 8-limbed yoga practice, particularly tuned to a trauma-sensitive population.

While many seminars and workshops delve deeply into the CBT or Somatic therapy approaches in the post diagnostic treatment of PTSD and traumatic distress symptoms, this unique training provides insight and applications of the 8 fold path of yoga as a means of **prevention** of these symptoms as well as a prescriptive process of recovery, repair, and resiliency after symptoms present. The science of yoga is thoroughly covered and a special 'Science vs. Sage' presentation brings clarity to medical analysis and jargon that is often confusing for many learners.

Yoga 911 employs specific yoga formats for an over-stressed, trauma-sensitive population. Not only will the participant walk away with tools for themselves, their clients, peers, family members, students etc. who suffer from chronic stress, but they will have immersed themselves in a training that inspires their own mind-body connection and feel the positive effects first hand.

Be prepared to leave the cell phone off at times, engage in mindful, meditative activities, practice many forms of active breathing, sensory withdrawal, move and stretch the body, build vagal tone and focus, and experience yogic sleep, called Yoga Nidra.

There will be plenty of classroom time spent on:

- The current health trends in the First Responder population, including traumatic distress
- Scientific proof that yoga helps alleviate symptoms of PTSD and other ailments as well as a look at how it compares to more traditional therapies used in treating these disorders
- Review of the brain and nervous system components that relate specifically to illnesses and disorders in a trauma-sensitive population, especially the vagus nerve.
- Anatomy as it relates to Yoga and body mechanics/imbbalances due to life & heavy work loads; the reasons and movements behind keeping the spine aligned properly
- History of Yoga, Types of Yoga, and extensive review of the 8 limbs of yoga as means of maintenance, repair, resiliency. Time will be awarded for self-reflection and practice in each limb.
- Yoga 911 recommended poses and class formats with photo descriptions and hands on practice
- Tactical approaches for bringing yoga to the workplace, home, and public places in order to prevent and/or treat symptoms of trauma, anxiety, depression etc.
- 'How to' guides for asana classes, employing "Easy as Pie" method (yoga teachers)
- Immersive breath practices as well as mindful, meditative exercises
- One 50 minute Yoga 911 practice every morning. Mats provided, but feel free to bring your own
- Break-out sessions to practice Trauma Release postures and Restorative postures as well as others
- Various handouts on the limbs of yoga, the science behind it, and the power of positivity
- Practice ,practice, practice. The Take-Away= positivity, laughter, peace

## **Who is this course for and how can they benefit?**

**First Responders and their adult family members** who want to gain awareness of specific job stresses/illnesses and their physiological and psychological effects as well as how to practice all 8 limbs of yoga (not just poses), help manage 'dis'ease, and maintain job security/wellness. They need only attend on Saturday and Sunday for 20 hour track.

**Personnel** of Police, Fire, EMS, Medical staffs who are honing their support skills and wanting to bring awareness of yoga benefits to their peers/co-workers/selves. 20 hour track

**Yoga teachers** who want to become certified in a safe, effective system of teaching yoga to trauma-sensitive populations and gain a better understanding of their physical and emotional needs. They will instruct during training and after training to earn Yoga 911 certification. 30hr. track

**Mental health professionals** who are wanting to learn yoga practices themselves so they can better steer their clients to a path of repair and resiliency.

**Fitness professionals** who are seeking certification in a mind/body venue

**Anyone** seeking to better themselves and feel better about the world around them. What harm can that do?

Contact Lisa for registration form and further info

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