



What Is Trauma Sensitive Yoga?

Trauma is when we experience or witness an event that is deeply distressing and disturbing. This could be a physical or emotional trauma. Often when we experience trauma we experience alienation and disassociation from the body and as an affect of this we lose our capacity to be in the moment and experience the here and now. Often our body can remain in a fight or flight response long after we have left the traumatic experience or dangerous environment. Trauma Sensitive Yoga allows us to explore the connection with our body, move towards more safety within our body, and also enables us to possibly explore self regulation skills.

Trauma Center Trauma Sensitive Yoga (TCTSY) was developed at the Trauma Center in Brookline, Massachusetts and is a yoga practice designed as treatment for Post-Traumatic Stress Disorder (PTSD), more specifically; Complex Trauma. TCTSY is an evidence based practice grounded in trauma theory, attachment theory and neuroscience. How this translates into each session is through invitational language, choice making, interoception, non-coercion and shared authentic experience.

These sessions are designed to create a safe, supportive and non-judgmental environment to enable participants to explore the connection between body and breath through physical forms and movements based on Hatha Yoga, with the opportunity of building a positive relationship with their body. Unlike many general yoga sessions, no physical hands-on adjustments are offered, and the focus is more on the participants' internal experience as opposed to the external form. TCTSY empowers participants to create choices for their own practice based on the felt sense of being in their body.



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This practice is suitable for trauma survivors with PTSD/ Complex Trauma and who are either in therapy or who have access to a therapist. It is suitable for complete beginners or experienced students. These courses are gender inclusive, if you feel uncomfortable attending a course with a mixed group please do get in touch so that we can discuss your options. At no time throughout the course will students be asked to talk about their trauma or the nature of their trauma.

Note: There are intake forms and evaluation forms at the beginning and the end of each course.

This can often be challenging and participants are welcome fill out as much or as little of the forms as they wish. The purpose of these forms is to give us an idea of how we can support you best throughout the course; as well as offering us direct feedback on how we can keep refining these sessions. If you would like to be contacted by the facilitator directly prior to the course starting to discuss your needs, please do let us know.

To learn more about Trauma Sensitive Yoga within Australia, [click here](#) and [here](#)