



TRAUMA INFORMED TRAINING

INFORMATION PACK COURSE OUTLINE (30 hours)

WRITTEN & FACILITATED BY RENEE ROBSON

AYA is excited to present this comprehensive trauma-informed yoga facilitation program, designed for yoga teachers and practitioners seeking to deepen their understanding of trauma-informed practices and create safer, more inclusive spaces for all students.

This training provides essential knowledge and practical skills for implementing trauma-aware and trauma-informed approaches in yoga settings. Through a combination of self-paced learning, live webinars, and intensive weekend workshops, participants will develop a thorough understanding of trauma's impact on the body and brain, while learning strategies for creating psychologically safe and empowering environments for the community they support.

Key areas of focus include neurobiological foundations of trauma response, interoception, power dynamics, choice-making, and sustainable practice development. The program emphasizes both theoretical understanding and practical application, ensuring participants can effectively integrate trauma-informed principles into their teaching.

At the end of this training, you will have developed practical strategies and confidence to:

- Understand the neurobiological foundations of trauma and its impact on yoga practice
- Create and maintain psychologically safe teaching environments
- Implement trauma-informed cueing and language patterns
- Navigate scope of practice and ethical considerations
- Develop sustainable self-care and community care practices
- Adapt teaching methods for different contexts and student needs.

You will receive comprehensive resources including a thorough workbook, practical tools and ongoing support documentation. The program features expert guest speakers to provide diverse perspectives on trauma-informed practice, ensuring a well-rounded educational experience.

Pre-Program Introduction

A video and email introduction providing program context and initial grounding in trauma-informed yoga principles. This component includes important information about the potential for activation during trauma studies and outlines available support options.

Learning Objectives:

Understand program structure and expectations

Recognise personal readiness and support needs



Webinar 1: Foundations of Trauma-Informed Practice (2 hours)

An interactive online session establishing core concepts of trauma-informed yoga and creating a shared understanding of psychological safety. This foundational webinar combines theoretical frameworks with practical applications, including experiential elements and collaborative learning activities.

Learning Objectives:

- Define trauma-informed practice and its key principles
- Establish foundations for psychological safety in yoga spaces
- Understand the trauma-informed continuum

Weekend 1: Universal Conversation & Continuum (2 days)

An intensive exploration of trauma's impact on the body-brain system and practical applications in yoga teaching. This weekend combines experiential learning, theoretical understanding, and practical skill development through hands-on activities and group work.

Learning Objectives:

- Understand trauma's impact on the nervous system
- Develop foundational trauma-informed teaching skills
- Practice creating safe and inclusive spaces
- Apply trauma-informed principles to movement facilitation

Webinar 2: Reflection & Integration (2 hours)

A focused session on implementing trauma-informed principles and refining teaching approaches based on practical experience. This webinar provides space for problem-solving challenges and preparing for advanced practice development.

Learning Objectives:

- Refine trauma-informed cueing and language
- Address implementation challenges
- Develop strategies for continued practice integration

Weekend 2: Advanced Practice & Facilitation (2 days)

A deep dive into advanced facilitation skills, psychosocial safety, and community impact of trauma-informed practices. This weekend emphasizes practical application, personal development, and sustainable implementation strategies.

Learning Objectives:

- Further develop trauma-informed facilitation techniques
- Develop comprehensive psychosocial safety strategies
- Understand broader community implications
- Create sustainable self-care practices



Webinar 3: Sustainable Practice & Integration (2 hours)

A culminating session focusing on long-term implementation and community building for sustained practice. This final webinar synthesizes learning and establishes foundations for ongoing development in trauma-informed yoga facilitation.

Learning Objectives:

Create sustainable implementation strategies

Develop ongoing professional development plans

Build community connections for continued growth

About Renée

Renée is a trauma-informed yoga facilitator and educator and works to make workplaces kinder and more psychologically safe through the social enterprise she's founded, 'Trauma Informed Leadership', supporting leaders and organisations with transformational learning on evidence based leadership practices and transformational change.

With training in Hatha/Vinyasa, Yin and Yoga Nidra, Renee facilitates trauma-informed yoga with a special interest in supporting those from disadvantaged backgrounds, complex trauma, accessibility and mental health challenges.

A passionate believer that the world being more trauma-informed makes it better for everyone, Renée is currently completing her Level 2/300 hour teacher training with the Trauma Center Trauma-Sensitive Yoga (TCTSY) program and has completed the Certificate in Traumatic Stress Studies via the Boston Trauma Centre (founded by Bessel van der Kolk, researcher and author of 'The Body Keeps the Score'). She's also a vocal advocate for complex trauma survivors, and mental health, regularly speaking and writing about the importance of trauma-informed practices, better leadership and healthier workplaces.

To book

Please visit the Australian Yoga Academy for the Trauma Informed course dates
<https://australianyogaacademy.com/training/trauma-informed-yoga-teacher-training/>.

Contact Melanie Mackintosh, co-owner, on 0413 298 132 or at
melanie@australianyogaacademy.com for more information.