



TRAUMA INFORMED YOGA TEACHER TRAINING **25 hours – with Beata Heymann**

Trauma-Informed yoga aims to make yoga accessible to all. By meeting us where we're at, with no expectations, it allows our true nature to unfold. It is a connecting and unifying practice that celebrates our uniqueness and can look really different in everybody. There is a spaciousness to this practice that gives us permission to explore ourselves and our relationship to others.

Trauma-Informed yoga provides a safe space that encourages us to connect to our bodies and each other. It empowers us with tools for self-regulation and agency that enable us to choose to connect time and time again. By cultivating deep listening and trust in the innate wisdom of the body, this practice invites us to grow our awareness and respond with compassion in every moment. Regular practice can provide a bridge away from living with anxiety, PTSD, and other mental health challenges, to a healthy baseline of contentment and joy. It is the ongoing nature of the practice that creates balance in our nervous systems long-term.

Trauma-Informed Yoga deepens our connection and strengthens our sense of belonging and unity. It leads us to freedom from the pressures and unrealistic expectations of over-working that our modern society attempts to normalise. The more we practice, the more we follow our inner compass and guidance towards a peaceful life. Then we can enjoy living in the freedom of following our own guidance, we learn to live from within rather than taking an externally oriented approach to life.

This Trauma-Informed training offers a foundation for facilitating yoga, mindful movement, breath, meditation and somatic practices as tools for self-regulation and mental health support. Drawing on 13 years' of experience working in culturally diverse communities, mainstream education systems and clinical settings, your facilitator will provide a well-rounded, practical and embodied approach to Trauma-Informed facilitation. The training is designed with the aim of increasing accessibility and safety across all yoga spaces and sharing these practices as tools for empowerment.

We share your facilitator's passion for increasing the awareness of trauma-informed yoga with all who are curious to explore it. Beata has first-hand experience with the transformative power of this practice to open doorways to participate in life again.

This training is open to all who are curious, yoga teachers, meditation teachers, embodiment facilitators and mental-health practitioners. There is no pre-requisite training for this course, all are welcome.

Training Overview

This training includes six lectures of 4 hours each across three days.

Day 1:

Introduction to Trauma-Informed Facilitation
Defining Trauma
Mental Health
Trauma-Informed Approach
Trauma-Informed Language

Day 2:

Self-Resourcing, Planning & Application of Trauma-Informed Practices
Strengths Based Approach
Yoga as a Tool to support positive Mental Health
Self-Resourcing and Self-Regulation
Self-Care Practice Planning and Resources for Teachers
Therapeutic and Somatic Practices
Orienting Practices

Day 3:

Trauma-Informed Teaching Skills & Practice
Trauma-Informed Exercises – Practical
Trauma-Informed Teaching Skills
Trauma-Informed Sequencing
Community Yoga
Duty of Care
Referral and Support Service Directory

Modes of Learning

There are two modes of delivery to choose from:

1. Face-to-face at AYA's training studio at 42 Clifton St, Prahran, or
2. Interactive, livestreamed lectures delivered via Zoom for those who live a significant distance from Melbourne, or in the circumstances where you cannot attend in person (such as if you are unwell or have been caring for someone who is unwell, or if you are awaiting the results of a COVID-19 test).

You may choose to alternate between face-to-face and Livestream, if required, as the course is delivered concurrently through both modes of delivery.



COVID-19 Lockdown Provisions

Should a government-enforced lockdown occur during training, the course does not pause. In this instance, the course will switch to be delivered via Livestream on Zoom for the duration of the lockdown. If density limits are in place, which means that the entire cohort cannot attend face-to-face at the same time, then studio time will be rotated fairly amongst the face-to-face cohort whilst density limits are in effect.

Successful Completion of Course

Attendance requirements

You must attend all lectures to satisfy minimum attendance. If you miss any session, you will need to discuss a pathway to make up the hours so accreditation may be achieved.

Should you miss more lectures than you are allowed, you may not be able to graduate. Please discuss any attendance issues with Melanie Mackintosh on 0413 298 132 or at info@australianyogaacademy.com.

All lectures will be recorded on Zoom and will be available for viewing afterwards. Please note that watching a lecture after the fact, does not contribute towards attendance.

Attendance Requirements – Zoom participants

- Must have reliable internet access and a device that has a webcam. You will need to have an active Zoom account.
- Will need at least one yoga bolster and two yoga blocks (of the same size), in addition to a yoga mat, blankets, pillows or meditation stool to sit on.
- Must have a study environment that is well lit and free from interruption during the hours of the training. It will not be suitable to be caring for children whilst this training is in progress.

Assessments

All practical teaching assessments must be completed.

Fees and Dates

Please refer to the AYA website for the latest fees and dates for this course.



Teacher Bios

This course is delivered by experts in their fields and are appropriately qualified to deliver this program under Yoga Alliance International Registry guidelines. Please read more about our lecturers at: <https://australianyogaacademy.com/lecturers/>

How do I enrol?

Refer to the AYA website to enrolment details:
<https://australianyogaacademy.com/training/training-aya/>

Alternatively, please contact me for more information or to reserve a place in training on 0413 298 132 or at info@australianyogaacademy.com.

We look forward to helping you fulfil your yoga teacher training dreams.

Namaste, Mel

A handwritten signature in black ink, appearing to read "Melanie Mackintosh". The signature is fluid and cursive, with a long horizontal stroke at the end.

Melanie Mackintosh
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