

# BENEFITS OF TRAUMA CONCIOUS YOGA PRACTICE

Healing Trauma One Pose at a Time

## SOME TRAUMA CONCIOUS YOGA PRACTICES IN MINNESOTA



### Twin Cities

[twelvepetalswellness.com](http://twelvepetalswellness.com)

[terrafirmampls.com](http://terrafirmampls.com)

[yessyogastudio.com](http://yessyogastudio.com)

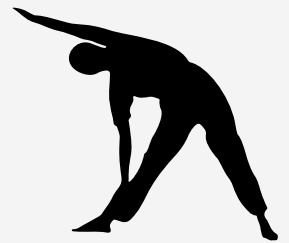
### Duluth

[yoganorthduluth.com](http://yoganorthduluth.com)

[svalja.yoga](http://svalja.yoga)



## WHY YOGA?



Studies show that individuals with trauma experience healing benefits when participating in a yoga practice.

Increased mental and physical health benefits such as better flexibility, balance, energy, quality of life, better sleep, higher social, vocational, and occupational functioning

Decreased pain, stress levels and cortisol, cholesterol, and less risk of health related crisis

Mindfulness is a part of yoga, and a yoga practice has been shown to deepen spirituality and individual's report they experience greater capacity and commitment to spiritual growth and openness to spiritual awareness.



YOU KNOW THAT YOU SHOULD NOT FEEL THIS WAY, BUT YOUR BODY KEEPS GETTING HIJACKED INTO FEELING INTOLERABLE SENSATIONS AND EMOTIONS.

— DAVID EMERSON, OVERCOMING TRAUMA THROUGH YOGA: RECLAIMING YOUR BODY



People who practice yoga report a greater ability to stay "present" in the moments of their lives, and report more skillfulness regulating their emotions.

In addition to better emotional regulation, practitioners of yoga report increased somatic, or body, awareness.

Emotional literacy and regulation, as well as somatic awareness of felt sense, are two key factors in healing trauma in the body, mind, and spirit.



CURIOSITY HELPS TO CREATE EMOTIONAL DISTANCE IN WHICH PEOPLE ARE ABLE TO 'JUST NOTICE' THEIR INTERNAL STATES, WITHOUT TAKING IMMEDIATE ACTION TO TRY TO SHIFT THESE STATES.

— DAVID EMERSON, OVERCOMING TRAUMA THROUGH YOGA: RECLAIMING YOUR BODY



## SOURCES

### Peer reviewed and scholarly resources.

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Gulden, A. W., & Jennings, L. (2016). How Yoga Helps Heal Interpersonal Trauma: Perspectives and Themes from 11 Interpersonal Trauma Survivors. *International Journal of Yoga Therapy*, 26(1), 21-31. <https://doi-org.akin.css.edu/10.17761/1531-2054-26.1.21>

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Nolan, C. R. (2016). Bending without breaking: A narrative review of trauma-sensitive yoga for women with PTSD. *Complementary Therapies in Clinical Practice*, 24, 32-40. <https://doi-org.akin.css.edu/10.1016/j.ctcp.2016.05.006>



Mindfulness meditation is difficult to tolerate for many traumatized folks, and yoga has been shown to be an effective structure.

With the help of an instructor to guide through modulating your arousal with breathing exercises, poses, and mindfulness many trauma survivors develop increased sense of well-being.

Increased body awareness significantly increases chances of healing from trauma, especially in treatment resistant cases of PTSD.

Yoga creates more space in your nervous system.