

Trauma Center Trauma Sensitive Yoga – Workshop March/April 2017

Thank you for your interest in the Trauma Sensitive Yoga Centre - Welcome

When doing this workshop, you will achieve a learning that will develop your core concepts of Trauma Sensitive Yoga, and enhance your knowledge which can then be implemented in your practice immediately. It is our desire to reach as many practitioners so they become trauma informed and by doing so, they too will pass on this knowledge assisting people who have survived trauma.

Key Points highlighted in the 20 Hour workshop:

History and Development of Complex Trauma

- Neurophysiology of Stress and Trauma
- Interpersonal Neurobiology
- Attachment, Attunement and Reciprocity
- Abuse and Neglect – the Destruction of self

The Spectrum of Trauma

- Safety & Stabilization
- Processing Traumatic Memories
- Consolidation, Integration & Reconnection

Trauma Centre Trauma Sensitive Yoga

- Interoception, Choice, Agency and Relational Safety,
- Teaching Practice
- Responsible, Accountable and Ethical Practice
- Trauma Informed Vs Trauma Sensitive

If you would like more details before deciding to attend the workshop, please drop me an email or visit my web site: esthervandersande.com.au
If you have already decide to attend, welcome and I congratulate you on the journey your about to take.

Here is the important stuff you need to know:

The Workshop Details:

Friday 31st March 6.00 – 9.00 pm
Saturday and Sunday 1st & 2nd April from 8.45 – 5.45 pm

Cost:

\$ 695.00 incl. gst * **EARLY BIRD** - \$ 595.00 incl. gst if booked and paid by the 31st January 2017

Payment:

EFT (electronic funds transfer) and must be paid two weeks before the first day of the workshop to secure your spot. Please email if you would like an invoice with the details on who to make it out too.

Location and Venue:

Crows Nest Community Centre
2 Ernest Place
Crows Nest NSW 2065

Coffee & Tea are provided during the workshop – in regards to lunch, please bring your own - there are also cafes nearby the Community Centre.

If you would like to reserve your space please feel free to drop me an email and I can send you an invoice with the payment details, to secure your place in the workshop.

Warm Regards,

Esther van der Sande

Trauma Center Trauma Sensitive Yoga Facilitator (TCTSY-F)
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