



**Trauma Sensitive Yoga
20hr Workshop
with
Esther van der Sande**

Friday 9th, Saturday 10th & Sunday 11th of December 2016

The 20hr workshop for yoga teachers will introduce participants to the core concepts and applications of David Emerson's highly regarded intervention for Complex and Developmental Trauma.

Key concepts explored will be history and development of complex trauma, the spectrum of trauma and **Trauma Center Trauma Sensitive Yoga**. These concepts will be explored through teaching examples, clinical examples, along with group discussions and more.

About Esther

Esther is a Clinical Somatic Psychotherapist, Eye Movement Desensitisation (EMDR) Clinician, and a qualified Yoga and Mindfulness teacher and practitioner. Esther is the co-founder of Trauma Center Trauma Sensitive Yoga Australia and Sydney based member of the Trauma Centre, Boston (Training Faculty).

**Early Bird \$595.00 until Friday November 18th,
\$695.00 afterwards**

[Book Here](#)



TRAUMA CENTER
TRAUMA SENSITIVE YOGA

Esther is Sydney's first and only qualified Trauma-Sensitive Yoga Facilitator who has undertaken certification training and will deliver the empirically validated TCTSY Protocol. As such Trauma Sensitive Yoga facilitators are officially Certified by the Trauma Center at Justice Resource Institute (JRI).

Research conducted by the Trauma Centre showed that the Trauma Centre Trauma Sensitive Yoga (TCTSY) model significantly reduced symptoms of PTSD in clients who were considered 'treatment resistant'.

Since 2016 Esther is Sydney's Australia based member of the training faculty of the Trauma Centre Boston – MA (TCTSY-T)