

Yoga for Trauma Recovery



February 25, 2019 | 9:00 am - 4:30 pm



Basic yoga tools for anyone working with families impacted by toxic stress in their homes or communities, as well as for improving your own health and wellbeing.

This training combines physical practice with the latest science on trauma and recovery. You will learn basic yoga and mindfulness techniques to practice in any environment – from the classroom to the office – to bring balance and peace to the mind and body. These tools provide a foundation for a practice that can alleviate and even resolve some of the common impacts of trauma, such as depression, anxiety and health issues, as well as build resilience to toxic stress. You do not need to have a yoga practice to benefit from this training!

This training will cover:

- How trauma impacts the brain and nervous system
- How our story shows up in our body and body memory
- Yoga poses to regulate the nervous system and promote good health
- Tools for discharge, resourcing, and embodiment
- Breath work, mindfulness, and other regulation techniques
- Fundamentals of trauma-informed practice
- Insights on teaching basic yoga tools in community settings



Hanna Gilan
Echo Trainer & Yoga Instructor

Fees

Early Bird \$95, Standard \$125

Group fee is \$75 per person, there is a minimum of 3 people to qualify
Partial scholarships available, visit our website for details

Time & Location

9:00 am - 4:30 pm, registration starts at 8:30 am

The California Endowment, 1000 N. Alameda St., Los Angeles, CA 90012
Free parking is available at The California Endowment

Continuing Education

For each training, 6 CE credits are available for an additional \$30.

Echo is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for MFTs, LCSWs, LEPs, and LPCCs. Echo maintains responsibility for all programs and their content.

For additional requests, accommodations, questions, or grievances about this training contact us at training@echotraining.org or (213) 484-6676