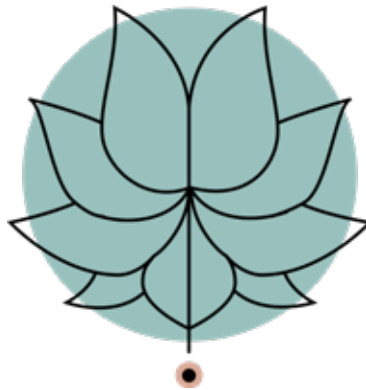


TRAUMA-INFORMED YOGA TOOLKIT

TIPS TO RECENTER, REFOCUS AND RECONNECT



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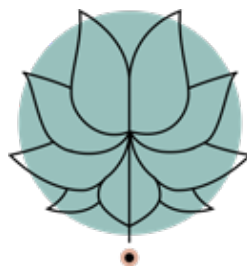
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BENEFITS OF YOGA

FOR HEALING



- ASSISTS TRAUMA SURVIVORS IN REGAINING CONTROL OVER THEIR BODIES
- INCREASES CONTROL OF OUR BODY AND BREATH
- RECONNECTS MIND, BODY, AND SOUL INCREASES OUR ABILITY TO TRUST OUR BODIES AND TRUST IN OURSELVES
- CALMS THE PARASYMPATHETIC NERVOUS SYSTEM
- ALLOWS ONE TO OPEN UP AND FEEL EVERY ASPECT OF THEIR BODY
- DECREASES SYMPTOMS OF TRAUMA
- INCREASE SELF-REGULATION AND CALM



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POSITIVE AFFIRMATIONS

Positive affirmations can be utilized to exercise the mind. It encourages us to continue to build a healthy connection to our mind, body, and soul. Repeating these affirmations can help improve our nervous system and change the way we think and feel about ourselves. These can be used to set your intentions as you move through your asana , pranayama, or meditation practices.

I AM SAFE

I ACCEPT MYSELF

I AM WORTHY

I AM ENOUGH

I AM JOY

I AM PEACE

I AM LIGHT

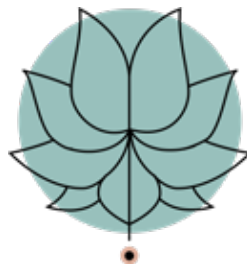
I AM CALM

I AM HAPPY

I AM LOVED

I AM BEAUTY

I AM IN MY BODY



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ASANA

Asana is the physical practice of yoga. It utilizes different body postures in combination with focused breathing to relieve stress and anxiety. It allows for a release of emotion and tension held within the body. Yoga enables us to reconnect our mind, body, and soul increasing our trust with ourselves.

POSES



**Yoga itself is not trauma informed. The yoga teacher is what makes a practice trauma informed. Emotions are stored in various parts of the body, so turn your attention to how you are feeling during each pose. If you feel discomfort please come out of the pose.*

TADASANA

TADA = MOUNTAIN
ASANA = POSTURE



HOW TO

1. Stand upright with tall spine, feet together, big toes and heels slightly touching each other. Option to widen stance if you feel unbalanced.
2. Hands to the side of the body palms facing forward or hands at heart center.
3. The weight of the body should neither be on the heels nor on the toes but distributed evenly on both of them.
4. Relax and take deep breaths.

BENEFITS

- Strengthen abdomen
- Minor relief for sciatica and back pain
- Improve mood

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UTTANASANA

UTTANA = INTENSE STRETCH
ASANA = POSTURE



HOW TO

1. Stand with your feet together.
2. Place your hands next to your feet or on the ground in front of you.
3. Inhale and extend your chest to lengthen your spine.
4. Exhale and gently press both legs toward straight.
5. On an exhalation, extend your torso down without rounding your back.
6. Relax and take deep breaths.

*option to keep your knees slightly bent

BENEFITS

- Stretches the hips, hamstrings and calves.
- Keeps your spine strong and flexible.
- Reduces stress, anxiety, depression and fatigue.
- Calms the mind and soothes the nerves.
- Relieves tension in the spine, neck and back.
- Activates the abdominal muscles.

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ARDHA UTTANASANA

ARDHA = HALF
UTTANA = INTENSE STRETCH
ASANA = POSTURE



HOW TO

1. While in Uttanasana, take a few deep breaths.
2. As you inhale, raise your torso, keeping your spine flat.
3. Exhale smoothly as you draw your shoulder blades together.
4. Inhale as you lift your head and look forward.
5. Take this opportunity to get in touch with your breathing.

*option to keep your knees slightly bent

BENEFITS

- Calms the brain and helps relieve stress and mild depression.
- Stimulates the liver and kidneys.
- Reduces fatigue and anxiety.
- Relieves headache and insomnia.

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VAJRASANA

VAJRA = THUNDERBOLT
ASANA = POSTURE



HOW TO

1. Start by kneeling on the floor.
2. Pull your knees and ankles together and point your feet in line with your legs.
3. Exhale as you sit back on your legs.
4. Put your hands on your thighs and adjust your pelvis slightly backward and forward until you're comfortable.

*option to sit on block or blanket

BENEFITS

- Helps keep the mind calm and stable.
- helping to relieve knee pain.
- Strengthening thigh muscles.
- Helps relieve back pain.
- Relieves tension in the spine, neck and back.

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SHASHANKASANA

SHASHANK = MOON
ASANA = POSTURE



HOW TO

1. Kneel on the floor with your toes together and your knees hip-width apart. Rest your palms on top of your thighs.

On an exhale, lower your torso between your knees. Extend your arms alongside your torso with your palms facing down. Relax your shoulders toward the ground. Rest in the pose for as long as needed.

*options - place head on block or pillow, place hands on block or pillow

BENEFITS

- Release stress from spine.
- Stretches back muscle.
- Relieves anxiety, stress, fatigue and headaches.

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SUKASANA

SUKH = FEELING OF JOY, PLEASURE OR HAPPINESS
ASANA = POSTURE



HOW TO

1. Sit on the ground or on a folded blanket with your legs extended in front of you.
2. Bend your knees, and cross your right shin in front of your left shin.
3. Move the knees closer together until your feet are directly underneath them.
4. Place hands together at heart center or allow them to rest on your knees
5. Take a few breaths.

BENEFITS

- Improves spinal awareness.
- Calms mind and body.
- Enhances breath flow.
- Reduce stress and anxiety.

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PRANAYAMA

(BREATH)

Pranayama is the practice of breath control. Breathing exercises can assist with regulating our nervous system. When feeling stressed or overwhelmed, one way to bring us back to the present moment is to focus on our breath.

Below is an example of a breathing exercise.

** You should not engage in any breath work that makes you uncomfortable. The first step in pranayama is to be aware of the breath.*

INHALE
6
SECONDS

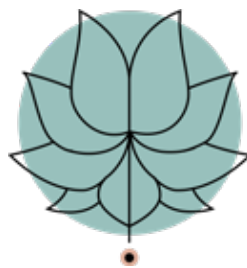
HOLD
3
SECONDS

EXHALE
6
SECONDS

REPEAT
3-6
TIMES

*OPTION TO
INCREASE HOLD
TIME WITH
EACH CYCLE

Focus on how your inhale and exhale extends as you lengthen your hold times. Holding the breath allows your lungs to fill completely. Increasing the oxygen in your blood, that flows to your heart, brain and muscles.





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