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*Trauma Informed Yoga*

*Six week course*

*Weekly 60 min sessions*

*Friday afternoons  
City Campus*

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## What to expect

A quiet private space in the Multi Faith Chaplaincy area

Small contained group of 4 to 8 people by referral only through Student Wellbeing Practitioners

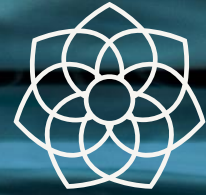
Gentle, inclusive and explorative practices of movement, breath, relaxation, contemplation

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## Practitioner

Naomi Saxton

Sheffield Hallam Student Wellbeing Practitioner and Yoga Teacher



**ONCE YOU START TO  
APPROACH THE  
BODY WITH  
CURIOSITY RATHER  
THAN WITH FEAR,  
EVERYTHING SHIFTS**

.....

BESEL A.VAN DER KOLK

THE BODY KEEPS THE SCORE





## How might trauma informed yoga help



Trauma-informed yoga is less about how poses are executed and more about the feeling of embodiment (being within your body) within a pose. Personal choice, empowerment and agency can help you connect to your mind and body in a way that feels secure.

As you are guided through a supportive experience, you may observe sensations and emotions that arise without feeling triggered or overwhelmed.

It can help increase body awareness (interoception) in a safe and controlled way, which can promote feelings of physical, emotional, and psychological safety.

It can help with nervous system dysregulation, dissociation, and feelings of disconnection from the body or surroundings, which are common after experiencing trauma

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## Additional information

Once your wellbeing practitioner has talked to you about this group, and agreed it might be for you, they will send a referral to Naomi, the yoga practitioner. Naomi will contact you and arrange a meeting or call to complete a short suitability assessment with you, where you can ask any questions you might have.

After the six week course you will be welcomed to join Naomi's weekly yoga for wellbeing class if you want to continue your yoga practice.

