



Trauma Informed Yoga Therapy Workshop

September 9, 2021

FEATURING: Sandy Eimers

**An Introduction to Trauma Informed
Yoga Therapy**

What is yoga therapy? What is the difference between a gym yoga class, yoga therapy, and trauma informed yoga therapy? While talk therapy addresses the mind, the medicine of movement draws awareness to the physical experience of the body. Trauma informed yoga therapy offers practical tools for reestablishing nervous system balance to create new memory using neural attention. For real change to take place, the body (*nervous system*) needs to learn that the danger (real or perceived) has passed and to live in the reality of the present. Join us for an introduction to the science and art of trauma informed therapeutic yoga thru lecture, movement, and breath practices (all yoga postures can be practiced seated in a chair, no yoga experience needed).

Agenda:

8:15-8:30 am - log on
8:30-11:30 am - Yoga Training

**At the conclusion of the presentation,
the participant should be able to:**

1. Name the five levels of human *being* in the Panchakosha model and the five components of the Kleshas as a foundation for emotional healing.
2. Understand how trauma-informed practices support deep healing thru mindful movement, breath, and choice.
3. Paraphrase the importance of the "story" fueling the behavior and self-efficacy in the healing process.
4. Recognize that yoga therapy is both art and science.



Online Registration is available for:

\$75 Professional

\$50 Student

<https://integrativecs.ticketspice.com/tra>

**Biosketch Sandy Eimers,
RPh, C-IAYT, ERYT500, TIYT®**

Born, raised, and educated in Iowa, Sandy has lived in both rural and suburban communities. In 2007 she opened balance yoga lounge in Ankeny and juggled pharmacy practice with being an entrepreneur for 7 years before deciding to dedicate her efforts fully to trauma informed yoga therapy. She has traveled the US, EU, Brazil and India to develop fluency in both Eastern and Western healing practices. She is owner and lead instructor at balanceyogalounge.com, senior faculty at Trauma Informed Yoga Therapy (Austin, TX), and a trauma informed yoga therapist at Integrated Counseling Solutions (Ankeny office).



Earn 3 continuing education credits*

Integrative Counseling Solutions, Inc. has determined that this program meets the criteria for the Iowa Board of Behavioral Science Examiners and the Iowa Board of Social Work Examiners for 6 hours continuing education for social workers, mental health counselors, and marriage and family therapists.

