

Winter Wellness Series

Trauma Sensitive Yoga

A FEW THINGS TO CONSIDER:

Your registration for this yoga series is the beginning of renewed energy, decreased stress and a host of mental, emotional, and physical benefits including increased strength, improved balance, stabilized moods and improved flexibility.

PREPARATION FOR YOUR PRACTICE

A stable, wheel-free, armless chair will serve you as you participate. In place of “yoga props” like blocks (which some of you may have) some hard cover books and a rolled up towel or blanket can be useful in modifying forms and relaxation.

SETTING UP FOR SUCCESS

Empty Stomach and Bladder is preferred.
Go at your own pace- it may be faster or slower than the instructor. Each body and mind is different, as is every day, so make the practice your own each time.

BREATHING AND MINDFULNESS

As much as possible, silent, steady breath through your nose will support your practice. But remember, this can take some time.

COMFORT AND SAFETY

Take a break whenever needed, for whatever reason.
When standing or extending your legs, keep your knees soft- try not to lock them.