

What to Expect at a Trauma Center Yoga Class

Basics

- ☑ Please arrive about 10 minutes early to get yourself organized
- ☑ Wear clothing appropriate for physical activity (sweatpants, t-shirt, or whatever is comfortable)
- ☑ We have all the yoga gear that you will need but feel free to bring your own mat if you have one

What is Yoga – General

- ☑ A practice that is more than 5,000 years old developed in the region of modern day India
- ☑ Yoga is an organized system of breathing and moving
- ☑ Yoga is characterized by physical postures, which are held for a brief period of time
- ☑ Today, yoga is most often done on a mat on the floor but may also be practiced in a chair sitting up (we will do both at the Trauma Center)

What is Yoga at the Trauma Center – More Specific

- ☑ At the Trauma Center we practice yoga as a way notice what we feel in our body and to practice making choices about what to do with our body based on what we feel
- ☑ We offer a safe, supportive, non-judgmental environment
- ☑ Instructors are Certified by the Trauma Center to facilitate Trauma-Sensitive Yoga
- ☑ Our presentation of yoga is NOT religious
- ☑ We do no hands-on, physical assists during yoga classes at the Trauma Center
- ☑ We discourage competition and encourage each student's personal exploration of the postures and breathing practices for their own benefit
- ☑ We encourage curiosity and interest in the body and the subjective experience in the moment
- ☑ We are always open to feedback from students and welcome your input regarding yoga at the Trauma Center.