

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 5000 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 of becoming more friendly with our body
- We offer a safe, supportive, non-judgmental environment
- Instructors are Certified Yoga Teachers by the Yoga Alliance
- Our presentation of yoga is NOT religious
- We cultivate strength and flexibility but also encourage students to take care of themselves and not force through pain or strain
- We emphasize self-awareness and self-regulation by using yoga techniques such as deep, mindful breathing, a strong physical core and an upright, well supported spine
- We always ask before offering any sort of physical assist and only do so once students are comfortable in the class and with the instructor. **The student can always say no.**
- 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

Have Fun!