**Yoga for Trauma**

**A 40-hour Teacher Training Program**

**Description**

Traumas are emotional events that overwhelm us and our ability process and move through them. As a result, a traumatized person can feel that they are at the mercy of the world around them. The information and techniques shared and practiced in this training are used to give people who have experienced trauma the chance to truly live life freely and on their own terms.

Traumas have lasting effects on the mind, body and spirit — but it does not have to be this way. This training will give you a thorough understanding what happens neurologically,

physiologically and psychologically post-trauma. By encompassing these areas of knowledge we can give both scientific and spiritual tools for healing. In this way, we become more capable of serving people with various levels of receptivity and in various phases of healing.

Each module and experiential practice is informed by the the foremost leaders in trauma

research and therapeutic applications of yoga specific to trauma recovery as well as inner child and shadow work including Bessel van der Kolk, Peter Levine, Pat Ogden, Ruth Lanius, David Emerson and Teal Swan.

**Key Benefits of Yoga for Trauma**

* + - * Learn holistic approaches to healing the mind and body
      * Teach your body to shift from “fight or flight” to “rest and digest”
      * Increase immune system function by training your nervous system
      * Experience better quality sleep
      * Learn to apply the most helpful tool for when triggers arise
      * Begin to shift your limiting beliefs to create a life you love
      * Use your skills to positively impact your community

**Workshop** **Topics**

* + Neurobiology of Trauma & Childhood Attachments
  + Trauma Yoga Classroom: Structuring, Cuing and Principles
  + Yoga of 12 Step Recovery
  + The Science of Relaxation
  + Motivational Interviewing
  + Consciously Working with the Subconscious Mind

**Investments**

Course dates:

Fridays, June 1 & July 6 from 5:30-8:30pm;

Saturdays, June 2 & July 7 from 9am-5:30pm

Sundays, June 3 & July 8 from 9am-5:30pm

Total program investment is $777; individual modules or single weekend options are available

*If you are interested in applying for a scholarship or would like to request a payment plan, please contact Jillian directly at [jillian@jillianguinta.com](mailto:jillian@jillianguinta.com) or 973-768-5891.*

Jillian Guinta

MAE, CAPP, E-RYT 200 / 500

Jillian Guinta is a Trauma Recovery and Somatic Healing Educator, motivational storyteller and celebrated teacher in the fields of wellness and personal development. Hailing from New Jersey, Jillian has completed several advanced trainings in therapeutic yoga as well as a certificate program in Applied Positive Psychology. In addition to her experience teaching courses in trauma-informed yoga and positive psychology, Jillian holds a Master’s Degree in Education from Seton Hall University where she was named Adjunct Professor of the Year (2015- 2016).