

TRAINING FOR TEACHERS CPD MODULES

TRAINING FOR TEACHERS & STUDENT TEACHERS

EMPOWERMENT THROUGH
EDINBURGH
COMMUNITY
YOGA
WELLBEING FOR ALL

Supporting your Teaching in the Community

The depth of knowledge and expertise that Laura and Lorraine have and the support and practical application this workshop provides is incredible - Attendee 2024

INTRODUCTION

Edinburgh Community Yoga is the most established Yoga Outreach Organisation in the Country

Edinburgh Community Yoga is a not-for-profit social enterprise. We bring together the well-established and therapeutic system of yoga and the newly forming understanding of the neuroscience around the effects of stress and trauma on our nervous system to offer 'trauma-informed' mental health aware yoga which is free or highly subsidised at the point of service.

We exist to promote physical and mental health and wellbeing and to bridge the gap between marginalised communities and mainstream yoga provisions. Our feedback demonstrates that when people are given agency to improve their mental and physical wellbeing this has a positive repercussion not only for the individual but also for the people they live alongside and care for meaning there is a far-reaching indirect impact of our work.

We are currently running 16 outreach projects, on average 56 classes a month, where we teach approximately 337 attendees or 84 attendees a week.

Essential Knowledge for all Yoga Teachers

Never have the issues of social justice, accessibility and inclusion and power dynamics in our yoga spaces been more relevant or important. These are essential skills for today's yoga teachers working in a contemporary world where these issues are of paramount importance and part of an evolving conversation in the yoga world.

Our Continuing Professional Development (CPD) modules can be booked as stand alone workshops or as a package for all three.

All our courses will discuss some of the practicalities, ethics and challenges of working in community settings and demonstrate practical tools to enable teachers to begin to build the skills necessary to offer inclusive, safer spaces. We offer the following modules:

- The Neuroscience of the Stress Response and How Yoga Helps
- Trauma Informed Practice and Power Dynamics
- Teaching Yoga in Community Settings

TRAINING

We are passionate and experienced community yoga teachers and trainers and want to ensure that teachers and trainees are well informed and prepared.

Price per Module

Our modules are priced on a sliding scale. We offer a 10% discount when booking three modules at the same time. Prices per CPD Module

- £140.00 Supporter
- £110.00 Full Price
- £75.00 Concession
- £60.00 Subsidised

Additional donations are welcomed. Your custom helps support the development and sustainability of our Community Outreach Yoga Programs.

Delivery

Our Module(s) are held in person and all include a combination of discussion, presentation and practical learning.

Specifications

Whilst our CPD modules are designed for yoga teachers, those with a regular yoga practice who work in community settings are very welcome to attend.



CPD MODULE 1

The Neuroscience of the Stress Response and How Yoga Helps

Duration: 6 Hours

Many people who attend a yoga class experience the physical and psychological effects of chronic stress. This is particularly true in community outreach settings where many people experience dysregulation of their nervous system. In this workshop we will take a deep dive into the anatomy of the brain and nervous system, the physiology of the stress response and how yoga can help to establish a healthier nervous system and brain. This is an interactive practical workshop where attendees will take part in practices that support nervous system regulation.

Learning Outcomes

- To explore the anatomy of the brain and nervous system
- To explore the physiology of the stress response and the autonomic nervous system in relation to stress
- To consider the impact of chronic stress on mental and physical health and wellbeing
- To demonstrate understanding of how the practice of yoga can help to reduce stress, promote neuroplasticity, support health neuro-transmitter function and help brain structures to adapt and grow to promote wellbeing

This module will also discuss some of the practicalities, ethics and challenges of working in community settings and demonstrate practical tools to enable teachers to begin to build the skills necessary to offer inclusive, safer spaces.



CPD MODULE 2

Trauma Informed Practice and Power Dynamics

Duration: 6 Hours

In this workshop you will develop an understanding of the basics around what is required for facilitating yoga classes in a trauma informed way. This is important in all yoga settings as we do not know who might turn up in our yoga classes and we know that trauma is an almost ubiquitous human experience. We can consider trauma informed practice to be people informed practice and this is an important part of being a yoga teacher that is not always understood.

Trauma informed language helps to create a practice that is empowering, and that centres the student at the core of the experience, making sure they feel truly in charge of their own experience.

This workshop will also equip teachers with the understanding to recognise and challenge unhealthy power dynamics in yoga settings and to consider how power dynamics can play out between teachers and students. We will examine some of the ways in which yoga culture can sometimes reinforce unhealthy power dynamics that can contribute to overt or more subtle power abuse and toxic culture within yoga settings, working with real life examples to explore some of the recent conversations around power abuse in yoga.

Learning Outcomes:

- Discuss the fact that trauma is ubiquitous in the human experience
- Describe briefly the impact of trauma can have on the brain and body
- Consider how regular yoga spaces can be re-traumatising or triggering for some people
- Develop skills in using language and class delivery that are more trauma informed
- To explore the history of cult dynamics and power abuse in yoga and how that has overtly and subtly contributes to inaccessibility and exclusion for some people
- To understand ways in which yoga teachers intentionally and unintentionally abuse power

This module will also discuss some of the practicalities, ethics and challenges of working in community settings and demonstrate practical tools to enable teachers to begin to build the skills necessary to offer inclusive, safer spaces.

Please note: This workshop is not in depth enough for you to call yourself a trauma informed teacher or therapist. It is designed to help you make your regular yoga classes more trauma informed- not to give you the skills to work specifically with people who have C-PTSD.

CPD MODULE 3

Teaching Yoga in Community Settings

Duration: 6 Hours

This module will delve into some of the practicalities, ethics and challenges of working in community settings and demonstrate practical tools to enable teachers to begin to build the skills necessary to offer inclusive, safer spaces.

The workshop will touch on aspects of trauma informed practice. Our wish is that you can apply the principles you learn with us to your individual teaching style and have the confidence to reach out to groups of people who might not attend a general yoga class.

Learning Outcomes:

- Accessibility and inclusion
- What yoga might offer in community settings
- Practicalities and challenges of working in community settings
- How to set up a community class - Q&A
- Interactive teaching practice and discussion

What is Community Yoga?

Community yoga is the act of taking yogic practices into communities that may not easily access a public yoga class or studio. In the west, yoga has always had an association with esoteric, alternative lifestyles and spiritualism that can make it seem unappealing to many people.

As it has gained in popularity over the last few decades it has also gained a reputation as an activity for the fit and flexible. With the emergence of social media it has also become a victim of body fascism and an obsession with image and perfectionism.

When taking yoga into community settings we are aware of, but seek never to perpetuate the predetermined ideas people may have of yoga. We are clear it is a mindful body/mind practice which works to help still the mind and reduce suffering through moving and breathing. Edinburgh Community Yoga believe our role is to promote the authentic aspects of the yoga practice and make our students feel as included and accepted as possible.

TUTORS



Lorraine Close, Outreach Director

Lorraine Close is an experienced trauma informed TCTSY yoga teacher who has been working in community settings since 2014. With a background in nursing in a wide variety of settings including working in a maximum-security prison in Glasgow and 2 years living in India, Lorraine has developed a strong awareness of the connection between emotional and physical health.

As the outreach director of ECY Lorraine is responsible for planning organising and developing outreach programmes at ECY. Lorraine also teaches trauma informed yoga programmes around the city, runs NHS and corporate staff wellbeing programmes and delivers workshops on outreach teaching for yoga teachers. She also works at Edinburgh Medical School teaching clinical skills and resuscitation.

In 2019 Lorraine spent 7 weeks travelling to the US, Canada and Kenya to study sustainability in yoga not for profit as a Churchill Fellow.



Laura Wilson, Founding Director

Laura is the founding director of Edinburgh Community Yoga. She is also a yoga teacher yoga therapist, specialising in trauma-informed yoga for mental health. She has been practising yoga since 2004 and teaching in mainstream settings as well as in collaboration with third sector organisations, NHS services and Criminal Justice Services since 2011.

Laura is a survivor, practitioner, yoga teacher and therapist, with a gift for understanding the complex relationship between the experiences we have, the subsequent patterning laid down in our nervous system and subconscious, and the interplay between body and mind in integrating these experiences. She is motivated by a deep faith in our ability to integrate, process, let go and reframe, and finds the rich tapestry of practices offered in yoga to be an extraordinary set of tools for navigating life as a human being.



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