

# TRAUMA INFORMED TRAINING (60hr) TRAINING FOR TEACHERS

EMPOWERMENT THROUGH  
EDINBURGH  
COMMUNITY  
YOGA  
WELLBEING FOR ALL

## Supporting your Teaching

Join the movement to make every yoga teacher trauma-informed whether working in a yoga studio or as preparation for working in the community with underserved groups.

# 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.

### What is it?

Expand on your teaching practice to create more trauma informed yoga spaces.

Are you interested in bringing a more trauma informed approach to your teaching or yoga spaces? Join the movement to make every yoga teacher trauma-informed whether working in a yoga studio or as preparation for working in the community with underserved groups.

Our 60 Hour Trauma Informed Training is delivered by Lorraine Close with a trauma informed approach at its essence and will cover the following:

- Health Inequality, Power, Intersectionality and Social Justice
- Power Dynamics in the context of Yoga
- Neurobiology of stress, trauma and yoga
- The value of embodiment
- Creating Accessible yoga spaces using the chair, props and empowered choices
- Principles of Trauma Informed Practice: language, environment, safety, relationships
- Yoga Philosophy in trauma informed spaces
- Safeguarding, Self Care, Ethics and putting it all together

# COURSE DETAILS

This training will run online and face to face. Online work will be asynchronous (self directed and in your own time rather than as a live session). Face to Sessions will take place over 3 Saturdays from 10am-5pm. Online Q&A sessions will take place over 3 Fridays from 6-7pm.

the course will take the following format:

- 20 hours in person (Space to Be, Gyle)
- 40 hours of online coursework (self-directed) - Available from 1st September
- Plus Q&A Sessions - Friday's 6-7pm

There will be a focus on reflective practice, practical skills, interactive discussion and lectures delivered by a variety of experts in the field.

## What will I learn

This course will allow you to understand the principles, theory and practice of bringing a more trauma informed approach to your teaching and allow you to consider how yoga can be a practice that can offer people the opportunity to be empowered in their choices. The course will be underpinned and delivered with a social justice lens and will incorporate study of systemic oppression, trauma theory, neuroscience and how we can create safer yoga spaces by developing awareness and understanding of trauma informed practice.

## What you will not learn

This training does not provide you with a yoga therapy or trauma therapy certificate or give you the necessary skills to use this title. This will be covered in more detail in the course. This course is also not intended to be therapeutic for those who have experienced trauma or to offer space for people to work through their own trauma. Some content may be triggering for some individuals.

## Cost

The investment for this training is £720 with different payment options available. There are a small number of scholarships available, please read on below.

## Booking

Click [HERE](#) to book

# TUTOR



## 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.

## Attendee Instructions

We are looking forward to learning in the same space as you.

Please ensure you:

- Have secured your space in advance
- Arrive no more than 15 minutes before the start of each session
- Arrive in your yoga clothes
- Please bring your mat, belt, blocks and blankets
- Please wear something cosy.
- If you wish to bring an eye pillow and your own bolster you can.

You will want a pen and maybe a notebook/journal and you might want a snack/water etc.

# Attendee Feedback

*The course was well thought out in an accessible in format and made learning easy and enjoyable. The sense of community was strong, even over just a few days. It has made a lasting impact on me that I will value always.*

*Lorraine is a brilliant teacher! The space felt very held and safe and amazing to connect with like minded interesting people. Loved it!*

*ECY's trauma-informed training has been one of the most rewarding learning experiences I've had since becoming a yoga teacher. The material is presented in a clear and accessible way—straightforward and easy to absorb. It's full of insights I know I'll apply in my teaching and in my day-to-day life. I really appreciated the openness and the range of perspectives it encouraged. The discussions with the facilitators and other attendees were genuinely invaluable. I couldn't recommend this course more highly!*

*This is one of the best pieces of CPD that I have ever completed. I have come away with new knowledge and ideas around the complex interplay between trauma, neuroscience and yoga, social justice and power dynamics and how to practically and meaningfully implement choice, collaboration, trust, safety and empowerment in a yoga class. It was the facilitators experience of teaching community yoga and working with people who have experienced trauma, which was shared and explored very freely, that brought the theory and material to life and helped consolidate the learning around trauma, neuroscience and yoga. Thank you ECY, Lorraine and Hannah*

Feedback from attendees, September 2024





# SCHOLARSHIP

We are offering three discounted places to account for the systemic injustice that disadvantages specific groups. Details and Applications are invited as follows:

## Cost

Edinburgh Community Yoga will meet 50% of the cost of your course or workshop. You will be required to meet 50% of the total cost of the course or workshop.

## Criteria

We are offering three discounted places to specific groups. As follows:

- A) One 50% scholarship for anyone who has a genuine desire to teach in underserved communities and is unable to afford the training at full price
- B) One 50% scholarship for anyone who has experienced racial inequality
- C) One 50% scholarship for anyone who identifies as LGBTQI+

## Applications

Please apply via email to: [admin@edinburghcommunityyoga.co.uk](mailto:admin@edinburghcommunityyoga.co.uk) including the following information. Applications must be submitted no later than 31st March.

- Your full name and contact details
- Which scholarship group applies to you (A, B or C)
- How long have you been practicing yoga for?
- Please tell us which course or workshop your scholarship application applies to

## CONTACT US



Email: [admin@edinburghcommunityyoga.co.uk](mailto:admin@edinburghcommunityyoga.co.uk)  
Website: [www.edinburghcommunityyoga.co.uk](http://www.edinburghcommunityyoga.co.uk)