



Trauma Sensitive Yoga

What to expect from your course



Frequently Asked Questions

Here are a few frequently asked questions that might help you along this journey. If you would like to discuss the course in more detail or ask any additional questions you are most welcome to contact us.

How will the room be set up?

The yoga mats will be provided and you're most welcome to collect a mat and set it up anywhere in the room where you feel it would be most useful to you.

What do I wear?

Just wear something comfortable for you and something that is not going to restrict your movement too much. The movements we make in the sessions are gentle and wearing comfortable clothing might be useful in your mobility.

What do I bring?

Just bring yourself and perhaps a bottle of water if you would like one (though filtered water is supplied).

What if I can't do the yoga forms?

These sessions are designed to offer a safe and supportive environment so that you can explore the relationship with your own body through yoga forms, movement and breath work. Throughout our sessions together you may explore a number of different variations and modifications to the yoga forms/shapes and it's about exploring a practice that works for you. This is your time and your space so if you choose to come into the room and sit or lie down for the entire session that's okay too. If at all you feel

uncomfortable, you are always welcome to come out of the shape/form at any stage, at any time for whatever reason. You're most welcome to rest as often as you need/want to.

We really welcome feedback and comments so please know that we are happy to discuss the course at any stage with you. Erika will be available to speak with you before and after the sessions. You are also welcome to call or email her with questions or feedback and if she can't speak to you/respond to you at the time she will get back to you.

Will there be music?

In trauma sensitive yoga at One Heart Yoga we don't play any background music for the sessions.

Intake and Evaluation Forms

There is an intake form at the beginning of the course and an evaluation form at the end. How much or how little fill out is up to you.

And lastly a special note:

Throughout the course we will not ask you about the reason why you are here, or about the nature of your trauma. However, as this is a yoga course that is trauma sensitive this in itself may be triggering. There may be things that pop up for you either throughout the sessions themselves or in-between sessions. Sometimes it can be helpful to have a therapist or at least have access to a therapist if needed. Erika is available to speak with you about anything body based or yoga related, however talk therapy may be useful too and this is where your therapist comes in.

