

# Trauma Sensitive Yoga

*What to expect from your course*



## Frequently Asked Questions—Online Course

***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 do I access the online meeting?**

The course will be facilitated online via the program Zoom. We will email you the link and password to the meeting and as this is a closed TCTSY group you will also need to register on Zoom to attend the course. Making this group registered ensures the security of the group. If you are using your phone you will need to download the Zoom App in order to access the sessions. It may be useful to attend the first session early to allow time to explore the program.

When you arrive at the session, there will be a microphone and camera button in the bottom left corner of your screen. You are welcome to click on these to either mute/unmute yourself or to turn your camera on or off, it's entirely up to you. We will however need to mute the microphones while the sessions are in process to ensure the best sound quality.

### **What do I wear?**

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 need for each session?**

You might like to use a yoga mat if you have one but this is not essential. If you have any cushions or blankets you may wish to use these within the sessions if you feel like it. You may also like to have some water to hand.

### **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. 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 15 minutes before and after each session. 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 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.

