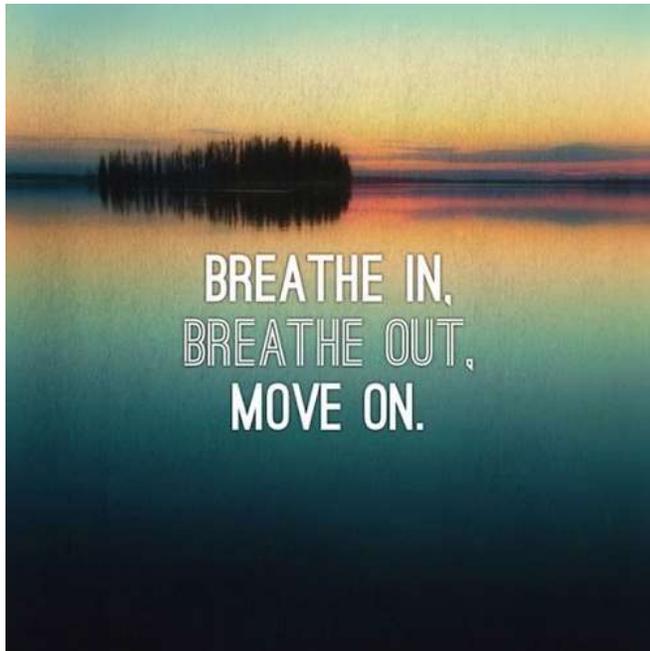


FOR YOGA TEACHERS!

TEACHING YOGA & MEDITATION TO SURVIVORS OF ANXIETY AND TRAUMA

Sunday, March 24, 1:30-3:30 pm, \$30



Numerous studies have shown that trauma sensitive yoga can play an important part in the treatment of survivors of stress-based disorders. The session will concentrate on lecture, interactive discussion, relaxation breathing and gentle movement. Teachers will learn tools to work with survivors, advocates and their friends.

Yoga's ability to touch us on every level of our being—physical, mental, emotional, and spiritual—makes it a powerful and effective means for trauma victims to reinhabit their bodies safely, calm their minds, experience emotions directly, and begin to feel a sense of strength and control. Trauma can create both an emotional and physical imprint on the body. It is critical that teachers learn techniques to help survivors feel safe.

The moment that a person experiences trauma, the body automatically decides to protect itself. This decision could result in a fight, flight, or freeze reaction. Yoga mitigates the fight-or-flight response through a combination of active asanas, pranayama, and deep relaxation. The workshop will help teachers understand the reactions and ways to teach that are appropriate.



The Instructor: Cheryl Kravitz, APR, CFRE, RYT200, Cheryl is a graduate of the Willow Street Yoga Teacher Training Program and received additional certification to teach yoga to survivors of trauma, restorative yoga and yoga for brain longevity.

She teaches specialized yoga to people with injuries, survivors of abuse, individuals with dementia and caregivers. She taught yoga to college students with learning differences, members of the military and, with a translator, individuals whose first language is not English.

Cheryl instructs weekly classes in Maryland at two studios, substitutes frequently at a third, and conducts private lessons. She facilitates ongoing workshops for survivors of trauma. Her personal yoga journey changed her own life. She explains it in an article she wrote a few years ago for *The Yoga Diaries*:

<https://theyogadiaries.net/tag/cheryl-kravitz/>.

Classes are infused with humor and compassion. Meeting people where they are on the mat and throughout life is Cheryl's mantra. She learned early on that yoga is a universal language and has found the practice resonates with the diversity of students she teaches.