

TRAUMA-INFORMED ASHTANGA YOGA

Awaken the healing potential of your practice
by combining ancient wisdom
with modern neuroscience & psychotherapy



**15-hour TIAyoga Training with Jen Peters, MA
Denver, August 4-5, 2018
REGISTER at DenverAshtangaYoga.com**



Leading psychologists and neuroscientists agree that nearly all of us (whether we recognize it or not) are living with at least some degree of trauma, a condition stemming from overwhelm that has been linked to both distress and disease. Fortunately, yoga interventions based on cutting-edge clinical treatments have been shown to significantly reduce symptoms of post-traumatic stress disorder (Price et al., 2017), and as trauma resolves, people often find a redoubled sense of vitality and purpose. As Ashtanga yoga practitioners, we have a potent set of techniques at our fingertips, but unless we inquire deeply into the theories, attitudes and interpersonal interactions surrounding these practices, we are not likely to reap maximal benefit from our daily efforts, especially when trauma is present.

In this workshop, we will explore key concepts in trauma healing and examine how we can immediately apply them to our practice. We will consider how the practice environment and student-teacher relationships exert a tremendous impact on the nervous system. We will study the fundamental features of trauma physiology and gain awareness of how our intentions and actions may be perpetuating or alleviating trauma in ourselves and others. Most exciting of all, we will investigate where Ashtanga technologies (such as bandha, mudra and chanting) fit in alongside some of the most ground-breaking trauma therapies available.

This workshop is best suited for curious Ashtanga Vinyasa practitioners and teachers with any level of experience and proficiency. All asana work will be gentle and adaptable to individual circumstance. Since we will be doing self-practice each morning, a simple personal practice and some familiarity with the format of “Mysore-style” classes is highly recommended. Although sharing will never be forced, there will be opportunities to engage in partner exercises and discussion. Please note that this training is not intended to treat trauma, nor are participants encouraged to work outside of their professional Scope of Practice. Resolution of severe trauma may require a multifaceted approach, a pivotal part of which may be a careful yoga practice.

Jen Peters holds an MA in Psychology/Neuroplasticity from Princeton University and an MA in Mindfulness-Based Transpersonal Counseling from Naropa University. She has trained with and assisted her principal Ashtanga yoga teachers Richard Freeman & Mary Taylor for over 2000 hours. Her own experiences with trauma and chronic illness have awakened both her passion for healing and her deep trust in the transformative power of compassionate relationships. She has been teaching yoga internationally since 2004 and is a registered psychotherapist and coach in private practice in Denver, CO. For more information or to contact Jen with questions or concerns, please visit her website JunglePhysician.com.

Schedule for both Saturday & Sunday

7:15am-9:15am TIAyoga Self-Practice assisted by Jen

9:45am-12:15pm Theory, Practice & Integration

1:45pm-4:45pm Theory, Practice & Integration

Investment: \$280 for the full weekend training (Individual sessions are not available.)

EARLY BIRD SPECIAL: \$225 if paid in full by July 10th, 2018 (DenverAshtangaYoga.com)

Refunds & cancellations as per Ashtanga Yoga Denver policy