



Trauma Informed Ashtanga Workshop
With Lara Land at Play Catkills

Soften the impacts of trauma and help others

the why

The practice of yoga touches on our deepest layers of being and brings to the surface all of our vulnerabilities. In the right hands, we have an incredible opportunity in practice to heal our wounds, stresses, and traumas. But without the right skills, we risk retraumatization to ourselves or others.

Trauma is in every room. Whether you work in a yoga studio, online from home, or in any environment with other people, you can benefit from these teachings.



the what

A weekend of exploration and empowerment with yoga teacher trainer and somatic coach, Lara Land, author of *The Essential Guide to Trauma Sensitive Yoga* at PLaY Catskills. Redefine yoga and its purposes and learn how to create safer spaces for both yourself and others.

Dive into the inner workings of your brain and nervous system. Look more closely at the kinds of traumas experienced in different cultures and increase your awareness and cultural sensitivity.



The Who

Lara Land is a deeply compassionate yoga teacher trainer specializing in trauma sensitivity. Her work is in helping to heal trauma both subtle and significant and train others using trauma sensitive yoga, meditation, mindfulness and breathing practices.

Lara has spent the last 25 years studying Ashtanga yoga and sharing yoga asana, chanting, meditation, and philosophy directly from her teachers in India. Some of her many certifications include: trauma informed mindfulness, life coaching, therapeutic fasting, and mindfulness in nature.

Features and Contributions: New York Magazine, Huffington Post, Yoga Journal, Apartment Therapy and on Fox5, CBS, NY1 and SiriusRadioXM.



The Details

In this Program, we will Explore

- How to define and look for trauma
- What happens to the mind/body system during and after a traumatic event
- The ways in which yoga can regulate the nervous system
- Specific practices for grounding, awakening awareness, and centering
- Common trauma triggers and how to avoid them
- Ways to reframe your yoga teaching and practice
- How to practice or teach yoga in any environment
- Mindfulness and self-care for these times and why it's so important
- Self-knowledge and awareness and privilege in the yoga room

Dates: 7/28 - 7/30/23

Price: \$350.

Location: PLaY Catskills, 221 Hillcrest Drive, Roxbury NY 12474

Recommended Reading The Essential Guide to Trauma Sensitive Yoga by Lara Land



The Schedule

Friday July 28th

6-8pm; Opening talk with refreshments

In this talk we explore how our assumptions and presumed limitations are molded by past experiences in our lives and family histories and what we can do to start shifting that. We discuss the ways that stress shows up uniquely in each person and how we can support moving it and enjoy more peace in our practice and in our lives. Lara shares her work bringing yoga to genocide survivors in Rwanda and to shelters and harm reduction spaces throughout the NYC and DC areas.

Saturday July 29th

9:30am- 11am Ashtanga Trauma Sensitive Primary Series

Level 2 Authorized Ashtanga Teacher Lara Land breaks down primary series for trauma sensitivity and accessibility. Participants are encouraged to use props and chairs for exploration. Uncover hidden depth in your primary series practice as we dissect the ways to get what you need out of each element of this dynamic sequence. Learn how shifting within the tristana can change the quality of your practice producing dramatically different results. Play with opposition. Get to the

why of your yoga practice and how to work intentionally and smartly toward benefits that matter to you and your well-being.

12- 5pm; Session 1

Dive into the inner workings of your brain and nervous system in part 1 of Trauma Sensitive Training. You will learn what happens when we are stressed and how yoga, practiced intentionally with these insights can regulate your entire system. Look more closely at the kinds of traumas experienced in different cultures and increase your awareness and cultural sensitivity. We will detail everything from room setup to the use of language and detail how small changes can shift a practitioner's experience. Discover how to look more closely at the messages coming from your own body and what to do with the information you are receiving. This training will include movement and details on how to teach or practice Ashtanga from a chair and still break a sweat .

Optional post session dinner with the group; 6pm at Half Acre

(Continued on next slide)

The Schedule

Sunday, July 30th

9:30am- 11am Ashtanga Trauma Sensitive Primary Series

12-3pm; Session 2

In this second half of your training, you will begin to practice working with trauma sensitivity by teaching each other in small groups and have the opportunity to lead the class through various exercises geared toward addressing the trauma response. We will discuss the important role of mindfulness and compassion in your work as a teacher and practitioner and close with a trauma-sensitive body scan.



A woman with blonde hair, wearing a grey t-shirt and black leggings, is captured in a dynamic yoga pose. She is standing on a patterned mat, with one leg lifted and bent, and her arms extended upwards. The studio has a light-colored wooden floor, white walls, and a series of five small, horizontal windows along the back wall. Two framed drawings of human figures are on the wall. The room is filled with rows of patterned mats and wooden blocks, suggesting a group class. A warm, ambient light is visible along the base of the wall.

Contact

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