

Trauma Sensitive Yoga



What is trauma sensitive yoga?

Trauma sensitive yoga is a non-assist class specifically designed for people who have experienced emotional or physical trauma. The instructor is there to provide a safe and professional guidance. The instructor has completed a 40-hour training in trauma sensitive yoga.

Who is this for?

- People who experiences or have experienced any kind of PTSD
- Anyone who has lost self-regulation skills, and energy due to trauma

Get started with the next class:

You can call 402-934-1617 to sign up or go online at omahaic.com. Questions you can call or email Stevie Jelden at s.jelden@omahaic.com

What are the benefits?

- Reduction in PTSD symptoms
- Increased self-regulation
- Fewer flashbacks
- More energy
- Less tension
- Improve their ability to direct attention away from ruminative thought processes

What can I expect?

These classes are designed so that students are in control over what they are doing with their body at all times. Participants will not have to talk to other participants, making this class more comfortable for those individuals who find it difficult to be in groups.

What are the requirements?

- Participants must actively be in therapy with a licensed mental health professional
- Commitment to a minimum of 6 sessions is preferred