



PENN YOGA

# Trauma Sensitive Yoga

A specialised and unique form of yoga for individuals with Chronic Post-Traumatic Stress Disorder or Complex Trauma (including military veterans, survivors of war and survivors of domestic, sexual and childhood abuse)

## ONLINE CLASSES

During these challenging times Laura is offering TS Yoga classes online.

Initially classes will be on a 1:1 basis, but with the option of joining a small online group once you have experienced the sessions.

Prices will be the same as usual, so £12 a session if you are paying full price ie. you are in employment, or privately funded or sponsored. For those on benefits, or if Covid 19 has affected your income, in conjunction with Elephant Rooms, concessions are available and are considered on an individual basis.

### How it works at the moment:

Contact Laura by email to ask any questions you may have, or to arrange a time for your short questionnaire that be via telephone or Skype. If you choose to Skype you have the option of trying a 10-minute taster yoga session to see if TS yoga is right for you at the moment.

There is no charge for the questionnaire/taster session at this time.

### If you want to go ahead:

Book two TS Yoga classes, over the space of two consecutive weeks, at a time agreed by you and Laura. If, after two classes, you would like to continue with TS Yoga, you can simply re-book for another two sessions; either as part of a small online group class (students do not need to see each other), or in a further 1:1 session if a group class is not available.

Please note that payment for the two classes will need to be made in advance through Laura's online booking system once the day/times have been agreed.

If you have any further questions please email, or check out the website for more details.

Email: [laura@pennyoga.com](mailto:laura@pennyoga.com)

[www.pennyoga.com/trauma-sensitive-yoga/](http://www.pennyoga.com/trauma-sensitive-yoga/)



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# Trauma Sensitive Yoga

**Loss of control is at the core of PTSD and complex trauma...**

Trauma Sensitive Yoga therefore focuses on empowerment of the individual; the importance of reinstating control is pivotal.

Agency is the capacity of individuals to act independently and to make their own free choices: this is what we offer in Trauma Sensitive Yoga.

**Trauma Sensitive Yoga aims to help individuals:**

- Gain a greater awareness of their body
- Notice any sensations in their own body (interoception)
- Help to release tension (trauma) stored in their body
- Learn to tolerate bodily sensations

**Interoception – the ability to notice what is happening in one's own body – is a key element to Trauma Sensitive Yoga.**

Trauma Sensitive Yoga is not therapy; individuals are not expected to discuss or access their trauma memories. It is yoga that benefits and empowers individuals by helping them learn to recognise and tolerate physical sensations. As body awareness become more familiar, the less frightening it becomes.

**Laura offers Trauma Sensitive Yoga in a safe environment, helping people to safely re-connect with their body so that they may manage their emotions more effectively and engage more fully with their lives.**