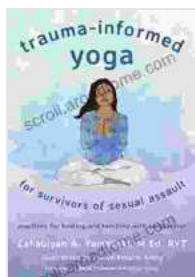


Unlocking Healing and Empowerment: Trauma-Informed Yoga for Survivors of Sexual Assault

Understanding Trauma-Informed Yoga

Trauma-informed yoga is a specialized approach to yoga that acknowledges the unique experiences and needs of survivors of sexual assault. It is a gentle and empowering practice that focuses on creating a safe and supportive environment where survivors can explore their bodies and emotions in a safe and non-judgmental way.



Trauma-Informed Yoga for Survivors of Sexual Assault: Practices for Healing and Teaching with Compassion

by Zahabiyah Yamasaki

★★★★☆ 4.9 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
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Print length : 246 pages



Unlike traditional yoga classes, trauma-informed yoga emphasizes choice and consent. Survivors are encouraged to listen to their bodies and move at their own pace. Modifications are provided to ensure that all poses are accessible and comfortable.

Benefits of Trauma-Informed Yoga for Survivors

Trauma-informed yoga has been shown to have numerous benefits for survivors of sexual assault, including:

- **Reduced stress and anxiety:** Yoga has been shown to reduce stress and anxiety levels, which can be common symptoms of trauma.
- **Improved sleep:** Yoga can also help improve sleep quality, which is often disrupted by trauma.
- **Increased body awareness:** Trauma-informed yoga helps survivors reconnect with their bodies and reclaim a sense of body ownership.
- **Enhanced self-esteem and empowerment:** By practicing yoga, survivors can build confidence and a sense of empowerment.

Key Principles of Trauma-Informed Yoga

Trauma-informed yoga is guided by the following key principles:

- **Safety:** Creating a safe and supportive environment is paramount. Survivors are encouraged to set their own boundaries and to move at their own pace.
- **Choice and consent:** Survivors have the right to choose which poses they do and how far they go. They are never forced into anything.
- **Respect:** The instructor respects the survivors' experiences and their need for space and time.
- **Body awareness:** Trauma-informed yoga focuses on helping survivors reconnect with their bodies and to develop a sense of body ownership.

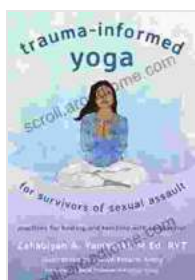
- **Empowerment:** Trauma-informed yoga is about empowering survivors to heal and to reclaim their lives.

Finding a Trauma-Informed Yoga Class

If you are interested in trying trauma-informed yoga, it is important to find a qualified instructor. Look for instructors who have experience working with survivors of sexual assault and who are trained in trauma-informed yoga.

You can also ask your healthcare provider or therapist for recommendations. Once you have found a class, be sure to talk to the instructor about your experiences and what you are hoping to gain from the practice.

Trauma-informed yoga is a powerful tool that can help survivors of sexual assault heal and empower themselves. By creating a safe and supportive environment, trauma-informed yoga allows survivors to explore their bodies and emotions in a way that is safe and non-judgmental. If you are a survivor of sexual assault, I encourage you to consider giving trauma-informed yoga a try.



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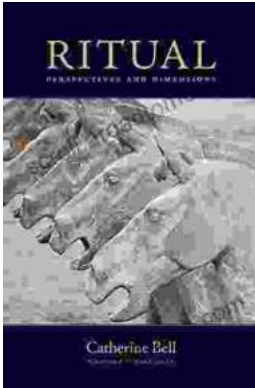
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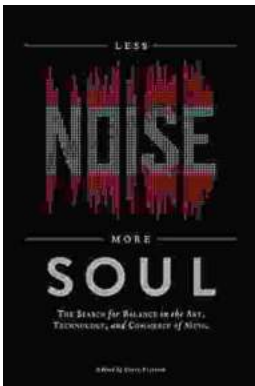
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