



Trauma Awareness Training

Tutor:	Lorraine Close
Type of Day	Ongoing Training Day
Topic/Title	Trauma Awareness Training
Date	Sun 3 July 2022
Start Time & End Time	10:00 am – 5:00 pm
Location	Edinburgh – Beetroot Sauvage https://www.beetrootsauvage.co.uk/

About this session:

Introduction to Trauma Informed Practice

This workshop will give you a brief introduction to some of the principles of teaching trauma informed yoga and why it is relevant for all yoga teachers. This workshop is introductory and does not give you enough knowledge to call yourself a trauma informed yoga teacher or yoga therapist.

The day will cover

1. A brief introduction to the work of Edinburgh Community Yoga
2. The challenge of accessibility and inclusion in Yoga
2. What we mean when we talk about trauma
3. Why Yoga can be useful for people who have experienced trauma
4. Key principles of trauma informed practice

About Lorraine Close:

<https://edinburghcommunityyoga.co.uk/our-team/lorraine-close/>

With a background in nursing in a wide variety of settings including working in a maximum-security prison in Glasgow and 2 years living in India, Lorraine has developed a strong awareness of the connection between emotional and physical health.

As the outreach director of ECY Lorraine is responsible for planning organising and developing outreach programmes at ECY. Lorraine also teaches trauma informed yoga programmes around the city, runs NHS and corporate staff wellbeing programmes and delivers workshops on outreach teaching and trauma informed training for yoga teachers.

Lorraine is a certified TC-TSY facilitator and teaches one to one and group-based trauma informed yoga.