



YOGA^{ed.}

ONLINE TRAINING
**TRAUMA-INFORMED
YOGA FOR YOUTH**

INFORMATION PACKET



GENERAL INFORMATION

The “Trauma-Informed Training for Youth” Online Course is designed for individuals who want to understand the **therapeutic applications of yoga** for youth considered “at-risk.” Through this course, you will dive into the physiological framework of trauma, and how it manifests in the mind and body. We will explore the latest findings in trauma research, yoga, and mindfulness to **identify and address symptoms of trauma**, including anxiety, depression, behavioral issues, relationship stress, and health issues.

Our goal is to equip you with the confidence and skills to work with youth who have experienced trauma and offer them **tools to feel safe, empowered, and self-regulated**. Upon completion of this training, you will be fully equipped with the understanding and confidence to teach yoga to youth in a trauma-informed way.

Focus: Ages 3 to 18 / Grades PreK to 12th

OBJECTIVES

- 1 Comprehend the physiology of trauma and how it manifests in the body and mind
- 2 Understand the benefits of yoga for those who have been exposed to trauma
- 3 Embody the Yoga Ed. teaching philosophies
- 4 Design and develop yoga lesson plans appropriate to the age group you are teaching
- 5 Create yoga classes to address and support symptoms of trauma
- 6 Effectively utilize yoga tools to meet the needs of adolescents
- 7 Teach yoga in a trauma-informed way to youth in preschool through 12

WHAT'S INVOLVED

The course is divided into 8 modules of lessons that you can watch in any order and as many times as you'd like. Modules include video lectures, interactive exercises, downloadable lesson plans, reflection questions, and key teaching points for each grade group.

COURSE OVERVIEW

WEEK 1

This week we will introduce ourselves and review the course materials. We will also experience a trauma-informed yoga class in action so we can start to get a feeling for the work.

WEEK 2

This week we will build our foundation for understanding trauma. We will explore the science of trauma in the mind and body, as well as how to recognize symptoms of trauma in the yoga classroom.

WEEK 3

This week we will dive into the practice of being a yoga educator, including teaching philosophy. We will put theory into practice with experiential activities designed to deepen your understanding.

WEEK 4

This week we look at what it takes to create a safe space for learning. We'll see how trauma shows up in the classroom and how you can cultivate positive relationships with your students through positive classroom management techniques.

COURSE OVERVIEW

(CONTINUED)

WEEK 5

This week we will dive into trauma-informed yoga education. We will start with understanding mind-body resources and dynamic teaching techniques, including orienting, grounding, centering, language, and more. We'll also explore how to create a lesson plan, put together a yoga sequence, and cue for a trauma-informed class.

WEEK 6

This week we will begin to introduce yoga tools, starting with trauma-informed breathing and warm-ups. We will also introduce yoga postures. Lessons will be interspersed with the benefits of each tool, demonstrations, and tips to put what you learn into practice.

WEEK 7

This week we will cover partner poses, games, and relaxation techniques. We will learn the benefits and skills that each of these promote. We will also discuss how to create a safe space for effective teaching and things to be aware of in the yoga environment.

WEEK 8

This week we will learn how to get started teaching trauma-informed yoga to youth and create an action plan to begin teaching yoga. We will also explore cultural humility and teaching resources that can help enrich your students' yoga experience.

HOW IT WORKS

Our flexible online courses offer two options for completing the course material - self-guided for flexibility in consuming the course, or instructor-guided for an engaging, interactive learning experience. You will have access to the course for 1 year.

	SELF-GUIDED COURSE (NO CERTIFICATE)	8-WEEK INSTRUCTOR-GUIDED COURSE (WITH CERTIFICATE)
8 online modules, with interactive video lectures, experiential exercises, reflection questions, and key teaching points for each age group	✓	✓
Downloadable 250-page color classroom guide (delivered digitally)	✓	✓
24 Downloadable pre-made lesson plans (delivered digitally)	✓	✓
Access to online course for 1-year	✓	✓
8 weekly live check-ins for 1-hour with an instructor and other participants		✓
Instructor feedback on 2 lesson plan activities		✓
Instructor feedback on your final project		✓
Certificate upon completing course requirements		✓
<u>Eligible for Continuing Education Units (CEUs)</u>		✓
Access to private, global Facebook community group of Yoga Ed. training graduates, for ongoing peer guidance, support, and connections		✓
Cost	\$199	\$399

REGISTRATION

Please visit yogaed.com/teacher-training/trauma-informed-yoga-youth/ to register.

HOW TO RECEIVE A CERTIFICATE FOR THE COURSE

To receive your certificate of completion, you must satisfy the following requirements and receive a final grade of $\geq 80\%$:

WATCH ALL VIDEO LESSONS WITHIN THE YOGA ED. ACADEMY



LESSON PLAN ACTIVITIES (30% OF FINAL GRADE)

Complete both activities for building lesson plans.



FINAL PROJECT (70% OF FINAL GRADE)

Complete and submit your final project. The final project requires you to film yourself teaching a yoga class to the youth you work with or on your own as if you were teaching to the youth you work with.

MEET YOUR INSTRUCTORS



MEGAN MCWILLIAMS

Megan McWilliams is a full-time social worker in Austin, TX. She received a dual Masters degree in Social Work and Public Health from Tulane University where she developed a passion for the mind-body connection. Megan has spent her career in the education system providing individual, group, and family therapy in schools. Yoga became a big part of Megan's self care practice and she quickly recognized the parallel messages of self- acceptance, self-compassion, and empowerment between her social work and yoga practices. Her journey to teaching developed naturally from this connection and as a Certified 200 hour Yoga Teacher and Yoga Educator she hopes to bring the many benefits of yoga to her students, schools, and families. Megan is an advocate for mental and physical health in her community and sincerely believes in the healing power of yoga. When she is not working, Megan enjoys spending time outdoors camping, hiking, and eating her way through Austin one taco at a time.



CIERRA VALLES

Cierra Valles, MM, RYT and RCYT is an experienced Chicana educator, scholar, consultant, and musician based in Detroit, MI. Cierra specializes in anti-oppression and decolonization practices toward a culturally conscious and community-centered wellness perspective. Throughout her nearly 15 years working in public schools, universities, and community colleges, Cierra has been fueled by her passion for equitable, inclusive, and accessible education and healing. Cierra holds bachelor's and master's degrees in education and is currently pursuing a PhD in Psychology. Considering herself a 'forever student,' she is eager to scaffold her academic foundations in psychology and sociology toward positive self-awareness and transformation through yoga. Her hunger for knowledge and determination to turn information into action has led to partnerships with both nonprofit and community education organizations. Trained in a wide range of healing modalities including sound therapy, music therapy, and yoga therapy, Cierra brings a multi-faceted approach to fostering a safe and inclusive learning community for the practice of yoga and meditation.

MEET YOUR INSTRUCTORS



ROCHELLE HUMPHREY-BURTON

Rochelle Humphrey-Burton is a mental health professional who has been working in the Philadelphia area for the last 20 years. She has been a Clinical Case Manager in an acute mental health facility working with adolescents and their families for the last 10 years. Even though it is extremely rewarding work, stress is a natural companion of the position. Looking for ways to manage her stress, Rochelle Humphrey-Burton discovered yoga and it became an unexpected balm for her spirit. Still new to the practice, she has been working to deepen her practice and understanding of yoga through Yoga Ed. Rochelle Humphrey-Burton's educational background includes a MS Ed. in Psychological Services from the University of Pennsylvania and a BS in Psychology from Long Island University, CW Post Campus.



SUZY PARK

Suzy is a licensed social worker and therapist with a combined 12 years of experience in the field of clinical social work, education, and youth programming. She specializes in adolescent mental health and youth development in integrated settings, such as schools and community based organizations. She has earned a Master's degree in International Education with a focus on Cross-Cultural Education, as well as a Master's degree in Social Work with a focus on Integrated Behavioral Health for Adolescents, at New York University. She is currently studying at the Somatic Experiencing Training Institute. Suzy is currently a school-based therapist for the Department of Education in Honolulu, Hawai'i. Her approaches to psychotherapy are holistic, trauma-responsive, and culturally sensitive.

MEET YOUR INSTRUCTORS



CHELSEA HYLTON

Chelsea Hylton is the Founder of Project Peaceful Warriors, an organization bringing trauma-informed yoga and mindfulness to both students and educators. Chelsea has been passionately serving students and schools through yoga and mindfulness since 2009, starting in South Carolina, where she received her B.S. in Physical Education at the College of Charleston. Chelsea aims to empower schools and communities with the tools of yoga and mindfulness so students can grow academically and as impactful members of their community.

MEET THE ADVISORS

Our Trauma-Informed Yoga for Youth Course curriculum was authored by Hala Khouri, MA, SEP, E-RYT and Kyra Haglund, LCSW, SEP, E-RYT informed by the work of Drs. Peter Levine (Somatic Experiencing), Stephen Porges (Polyvagal Theory), and Bessel Van Der Kolk (Trauma Research Foundation).



HALA KHOURI

Hala Khouri is a sought-after speaker and trainer on the subject of trauma, yoga and social justice. She has been teaching yoga and movement for over 25 years and has been doing clinical work and trainings for 15 years. Originally from Beirut, Lebanon, she has dedicated her life to the study of trauma, justice and building resilience. She earned her B.A. in Psychology from Columbia University and an M.A. in Counseling Psychology and an M.A. in Community Psychology from Pacifica Graduate Institute. Hala is trained in Somatic Experiencing, a body-based psychotherapy that helps resolve trauma and its symptoms. Hala is a co-founder of Off the Mat, Into the World, a training organization that bridges yoga and activism within a social justice framework. She leads trauma informed yoga trainings nationally. Her first book, *Peace from Anxiety: Get Grounded, Build Resilience and Stay Connected Amidst the Chaos*, comes out in April 2021. She lives in Venice, CA with her husband and two sons where she also teaches public yoga classes weekly.



KYRA HAGLUND

Kyra Haglund is a yoga teacher, clinical social worker, and Somatic Experiencing practitioner. She lived and studied holistic arts & cultural anthropology extensively in India and Nepal and completed her graduate studies in social work from the University of Southern California. Kyra has 20 years of experience teaching yoga and takes an integrative mind-body approach to helping individuals re-regulate their nervous systems and transform trauma.

Hala and Kyra serve on our advisory board.
Meet our advisory team here: yogaed.com/advisory-board