

**2021 REMOTE Simple TRAUMA-SENSITIVE YOGA TOOLS TO  
ENHANCE YOUR SELF-CARE  
& CLINICAL PRACTICE or TEACHING**

**Parts 1 and 2: Fridays 12:30 – 4:30**

**May 7<sup>th</sup> and May 21<sup>st</sup>**

**Sept 10<sup>th</sup> and Sept 24<sup>th</sup>**

**An interactive and experiential training for ANYONE interested in healing trauma, including clinicians, therapists, health care providers, and yoga teachers.**

**No yoga experience necessary. All shapes, sizes and abilities welcome!  
(Can be expanded to a full Trauma-sensitive Yoga Certification)**

**Presenter: Yael Calhoun, MA, MS, E-RYT**



- **Help your clients, students, and /or yourself reconnect with bodily sensations and with the ability to control responses to stress and trauma.**
- **Explore the science of how trauma affects the brain and how yoga can be used to address these effects.**
- **Learn how to use trauma-sensitive yoga breaks in your work/teaching/daily life as a body-based tool to help begin the healing process.**
- **Connect with others in your field & earn CE credits.**

**\$89.00 Early Bird Includes materials. Scholarships available!**

**We want to support your efforts to help people heal from trauma.  
More info/register: [www.greentreeyoga.org/workshops](http://www.greentreeyoga.org/workshops)**

**Questions: Yael 801-656-7885 [greentreeyoga@comcast.net](mailto:greentreeyoga@comcast.net)**

**Utah NASW for 8 CEs and YA RYT recert. credits.**

