

Teaching Trauma-Sensitive Yoga: A Workshop for Yoga Teachers

Pre-Training Assignments

Required Reading

- David Emerson, *Trauma-Sensitive Yoga in Therapy: Bringing the Body into Treatment*

Recommended Reading

- *Trauma and Recovery*, Judith Herman
- *The Body Keeps Score*, Bessel van der Kolk
- "Yoga as an Adjunctive Treatment for PTSD: A Randomized Controlled Trial"
http://www.traumacenter.org/products/pdf_files/Yoga_Adjunctive_Treatment_PTSD_V0001.pdf
- Feel free to peruse the articles found at
<http://traumacenter.org/products/publications.php>

Please Bring

- *The Heart of Yoga*, by T. K. V. Desikachar and/or *Light on Life*, by B. K. S. Iyengar
- A blank journal