

30-Hr Trauma-Informed Yoga Teacher Training Course

with Noreen Belarmino-Nikolic (E-RYT 500/YACEP) - Philippines

DAILY SCHEDULE:

Wednesday to Friday from 8:00am-4:00pm

COURSE SUMMARY:

In-Person Training Hours = 24 hrs (3 days x 8 hrs)

Post-Training Assignment = 3 hrs

Online Mentoring Hours = 3 hrs

TOTAL: 30-Hours

TUITION FEE INCLUDES:

- Internationally recognized 30-Hour Continuing Education Certificate
- Training kit and course materials
- 3 hours of post-training mentorship* (individual and group sessions)
**additional sessions are available with additional fees*

WHAT WILL YOU LEARN?

This course is designed to balance theory and practical applications with an intention that participants will be able to acquire practical knowledge and skills to practice and offer Trauma-Informed Yoga classes to a variety of populations.

Through lecture, self-inquiry, group discussions and practice teaching you will learn, but not limited to, the following:

- The anatomy of traumatic stress. Understanding the dynamics of trauma to the body and the nervous system
- Basic concepts on Polyvagal Theory and Window of Tolerance and its relevance in the trauma study
- Definition and manifestations of trauma
- Types of trauma and Adverse Childhood Experiences (ACEs)
- Principles on social justice and leading with dignity as it applies to our role as practitioners, facilitators, educators, therapists, and healers
- Yoga Philosophy as it relates to trauma healing
- Core Principles of Trauma-Informed Yoga
- Evidenced-based studies of yoga in trauma healing
- Build a healthy and safe practice foundation for yourself and your students/clients
- Setting-up a trauma-informed individual or group space
- Designing a trauma-informed yoga class
- Resourcing skills and practices that support self-regulation and healing
- How to involve the body in the trauma healing process
- Concrete techniques to respond to triggered reactions in a yoga class
- Scope of practice as relevant to yoga facilitators/educators
- Subtleties of trauma healing beyond being an evidence-based practice

WHO IS THIS COURSE SUITABLE FOR?

- Those who want to integrate Trauma-Informed Yoga in their personal practices, teaching or interventions
- Those who wish to learn how to skillfully design Trauma-Informed Yoga classes
- Those who want to have a deeper understanding about trauma and chronic stress and how it affects our individual as well as collective lives
- Those who are curious about Trauma-Informed Yoga

POST TRAINING REQUIREMENTS FOR CERTIFICATION:

- Complete the post-training activity: *“A Call to Service: TIY for Healing & Empowerment”*
- Participate in one-on-one mentoring sessions with the lead trainer
- Participate in a group mentoring session

CERTIFICATIONS

- Upon successful completion of the 30-Hr Trauma-Informed Yoga Teacher Training Course, students will be awarded a certificate from AV108 Yoga School and will be eligible to register their training hours with Yoga Alliance

It is important to note, that a 200-hour yoga teacher training is NOT a requirement for this course. Also, this course cannot replace a 200-hour yoga teacher training.

ABOUT THE FACILITATOR

Noreen “Yen” Belarmino is the Director of AV108 Yoga School, yoga educator (E-RYT 500) and practitioner. Yen earned her in-depth trainings and mentorship on yogasana, pranayama, yoga philosophy in India, while her meditation practice is founded in the Vipassana and Zen traditions. She was trained and mentored in Trauma-Informed Yoga under the Center for Trauma Recovery in the US, but her long involvement as a women’s rights advocate and feminist lay counselor for the survivors of Prostitution and Trafficking truly influenced her deeper and grounded approach to yoga. She believes that yoga is a spiritual path with potentials to bring forth healing, empowerment and happiness to everyone.

Yen is currently playing the harp, hoping to eventually incorporate it in her TIY sessions as a sound healing component, exploring “art meditation” through watercolor and is an advocate of ahimsa (non-violence) through veganism.