



# Retreat Center of Maryland

## Teaching Trauma-Sensitive Yoga and Meditation

Saturday, October 27, 2018 · 10 a.m. - 2 p.m.

Blueberry Gardens Healing Center · 237 Ashton Road · Ashton, MD 20861

Cost: \$65 · For more info, email us at: [info@retreatcenterofmaryland.org](mailto:info@retreatcenterofmaryland.org)

*Designed for yoga teachers, yoga therapists, yoga teacher trainees, meditation teachers, health professionals*

Trauma affects all levels of one's existence - physical, mental, emotional, and spiritual - and yoga and its supporting practices have the ability to address trauma survivors where they are on each level in the present moment. Join Lucy Lomax and Kelly Fisher as they explore how yoga, yoga nidra, fascial release, and meditation can be used to help victims of trauma reestablish ownership of their bodies and minds, an essential step for healing. The workshop will cover:

- resilience: what it is, the latest research regarding resilience, and how to cultivate it;
- how the neuromyofascial web responds to trauma and how fascial release techniques can assist in trauma recovery;
- theoretical aspects of teaching yoga and its supporting practices to victims of trauma;
- practical aspects of setting up the classroom, using props, adapting the class plan, and dealing with students experiencing abreactions during the session;
- case studies of how to adapt yoga practices to those who have experienced trauma.



Lucy Lomax



Kelly Fisher

**Lucy Lomax and Kelly Fisher**, International Association of Yoga Therapists Certified Yoga Therapists (C-IAYTs), Yoga Alliance Experienced Registered Yoga Teachers (E-RYT500s), and Yoga Alliance Continuing Education Providers (YACEPs), have a combined yoga teaching experience of over 30 years, including more than 20 years' study in alignment-based, therapeutically-oriented yoga and meditation. They have continued to deepen their studies in the therapeutic elements of yoga and in areas such as biomechanics, kinesiology, fascial awareness, trauma-based yoga and meditation, and accessible yoga. They teach students of all levels and abilities as well as teachers at the entry and advanced levels. They teach therapeutic elements of yoga through workshops, clinics, immersions, retreats and teacher trainings. They love co-teaching, provide a supportive and fun atmosphere in which to learn, and share a common goal of empowering students to use what they learn in their personal practice, teaching and lives.

**TWO REGISTRATION OPTIONS:** 1) Register and pay online at [retreatcenterofmaryland.org](http://retreatcenterofmaryland.org). 2) Complete this form and return with payment to Retreat Center of Maryland, c/o The Yoga Center of Columbia, 8950 State Route 108, Suite 109, Columbia, MD 21045-2146. Please check here  if this is a new address.

Name \_\_\_\_\_ E-mail \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Day Phone \_\_\_\_\_ Night Phone \_\_\_\_\_

Please enroll me for **Teaching Trauma-Sensitive Yoga**, Oct. 27, 2018

I will pay by  Visa  MasterCard  American Express  Discover

I have included cash or a \$65 check payable to Retreat Center of Maryland.

Acct. No. \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_