



Trisha Barry, M.F.A., E-RYT 200, C-iRest, C-WAE

Trisha is an E-RYT 200 Yoga Alliance certified instructor with specialty certifications in iRest®, Warriors at Ease, and Yoga Warriors, and thus brings a remarkable depth of expertise to her trauma-sensitive yoga work. From 2012-2014, Trisha led and assisted with trauma-sensitive (adaptive) yoga classes for the Exalted Warrior Foundation at Yogani Studio and at the Poly Trauma Unit and Assisted Living Facility at James A. Haley VA Hospital. She also led classes for veterans through Team Red, White & Blue (at Yogani Studio). In the fall of 2014, Trisha initiated and currently manages an open-to-the-public (by donation) ongoing iRest program at St. Bartholomew's Cathedral in Manhattan.



Lucy Lomax, C-IAYT, E-RYT 500, C-iRest, C-WAE

Lucy is a Certified Yoga Therapist, Experienced Yoga Teacher, Certified iRest® Meditation Teacher, Certified Warriors at Ease Teacher, Cancer Exercise Specialist, and Yoga for Amputees Master Teacher Trainer. Lucy has 19 years of yoga teaching experience and is a trainer for both entry and advanced level yoga teachers. She teaches public classes, workshops, retreats, and private yoga therapy sessions. Her teaching focuses on trauma-sensitive yoga and meditation, and adaptive yoga for injuries, illnesses, special conditions, and recovery. Lucy also serves as Director of Business Development for the Retreat Center of Maryland.

Sensory-Enhanced Yoga®

for Self-Regulation & Trauma Healing

June 1 & 2, 2019- Ashton, MD

(Silver Spring Area) Tuition: \$435

Learn how to incorporate evidence-based, trauma-sensitive yoga techniques into your clinical practice to promote healing from combat stress, PTSD, anxiety, and related autonomic nervous system disorders. Designed especially for OTs, other allied health & mental health professionals, and yoga therapists.

This is an approved continuing education course for several professions; please inquire for details!

A detailed 133-page manual is included in the tuition!

Help Your Clients Meet The Following Goals:

- ▶ Effectively manage stress before it leads to emotional dysregulation and/or inappropriate behaviors.
- ▶ Decrease hyper-vigilance and overreaction to sensory input (e.g. visual, crowds, touch, noise, movement).
- ▶ Improve quality of sleep and energy level to support wellness and enhance daily productivity.
- ▶ Decrease intrusive thoughts by learning to become present through breath and body awareness.
- ▶ Enhance sense of self-worth & personal empowerment.

Sensory-Enhanced Yoga® applies techniques from sensory-based OT practices and recent findings from the fields of neurobiology and trauma psychology to address core symptoms of PTSD and quality of life factors. Participants are also taught how to create a “safe container” for clients, in which healing can occur. Includes experiential teaching labs; detailed 133-page manual; & modifications for chair use.

To Register: www.sensoryenhancedyoga.org

Questions? Email lynn@sensoryenhancedyoga.org or call Lynn at 339-225-0084.