

Trauma Informed Yoga Teacher Training

Taught by:

Mallory Leitner, MA, LMFT, RYT. & René Quenell, SYT.

January 29-31, 2016

Friday, Saturday, Sunday 12:30-5:00PM

****A training for yoga teachers with a 200hr certification and health professionals.***

"Trauma Informed Yoga" is a mindfulness practice which builds skills to regulate affect arousal and increase one's resiliency. It is a way to learn to live in the present instead of by the demands of the past. A Trauma Informed Yoga practice can provide a structured approach that helps foster one's internal sense of safety, personal agency, and choice to cultivate the capacity for self-awareness and self-regulation.

In this training, students will learn about the many faces of trauma and how trauma affects the nervous system.

Students will learn poses and breathing techniques that are appropriate AND contraindicated and how to use invitational languaging while teaching a class. Students will also learn resourcing techniques that can be offered if a student becomes dysregulated during class.

Cost: \$325 before 12/31 \$375 after

Register at www.yogamadre.com or call (626)355-2010.

Email rene@yogamadre.com with questions.

Mallory Leitner, M.A., LMFT, RYT is a psychotherapist who's specialty is trauma. Also, a yoga teacher for over 17 years, she teaches yoga for PTSD, Complex Trauma, Developmental Trauma, Depression and Anxiety. Learn more at: www.mallorytherapy.com.



René Quenell is a Structural Yoga Therapist, E-500 RYT and creator of Yoga Madre's Teacher Training Program. She specializes in training teachers and yoga therapy. Using techniques of Structural Yoga Therapy, Ayurveda and Tantra as part of a "whole person" approach, René treats clients with special conditions, whether it be physical, spiritual or emotional.