

# Trauma Sensitive Yoga Classes



How can a 5000 year-old practice help people suffering from symptoms of Traumatic Stress depression or anxiety, with the only side effects being increased strength, flexibility, agility and relaxation?

At the Trauma Center at JRI in Boston, they have begun to establish empirically that yoga may be helpful for people with Post Traumatic Stress Disorder (PTSD) (van der Kolk, 2006). Along with feedback such as, "I feel like I can use my body again," the groundbreaking study that the Trauma Center conducted in 2004 showed that yoga changes core physiology related to PTSD. Since that time, the Trauma Center Yoga Program team has taught hundreds of classes to thousands of students from survivors of rape and childhood incest to Iraq war veterans.

## Yoga Classes

Classes are currently being offered and are available in the Glens Falls area for womens-only and mens-only trauma sensitive yoga classes in the community.

The main objectives are to help participants feel comfortable in their bodies, to learn self-regulation skills, and to improve their ability to direct attention away from ruminative thought processes.

- No experience necessary.
- All exercises are accessible to everybody regardless of physical ability.

Participants will practice:

- Diaphragmatic breathing
- Awareness of sensations
- Easy movements that induce peacefulness

Participants will not have to talk to other participants, making this class more comfortable for those individuals who find it difficult to be in groups.



Tobey Gifford is an advanced certified yoga teacher and Phoenix Rising Yoga therapist, specializing in Trauma Sensitive Yoga (certified through the Trauma Center), as well as therapeutic yoga for various physical, mental and emotional needs.

*F*or additional information regarding classes and /or research being done in this field, please call or email:

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