



The Yoga Outreach Core Training™ - Learning Outcomes

MODULE 1: WHY YOGA OUTREACH

Have a solid understanding of Yoga Outreach, including, history, vision, and purpose; what Yoga Outreach offers teachers, facilities, students, and programs including standards, confidentiality, and opportunities.

MODULE 2: STRENGTHS-BASED PRACTICE

- Definitions & key components** Understand what defines a strengths-based practice and why it is important for the people we serve.
- Boundaries and self-care** Understand what boundaries should be non-negotiable when working in service yoga settings and boundaries important for self-care.
- Equality, Marginalization & Privilege** Create an understanding of some of the challenges and barriers clients in service yoga settings may be facing.

MODULE 3: A TRAUMA-INFORMED APPROACH

Understand that the vast majority of clients served in service yoga settings have significant trauma histories. Yoga can help to create safety around being embodied. Learn the hallmarks of trauma-informed teaching. Understand why yoga is so beneficial for trauma survivors. Have a cursory knowledge of triggers and some strategies to counteract triggers in a classroom setting.

- Step 1 - Having a body** As yoga teachers working with trauma survivors, our primary goal is to help our students reclaim their bodies. The first step of this journey requires that students recognize that they have a body. In order to facilitate this, we use exercises that are very clear and mechanical. We do not ask students to interpret their experience in any way; we simply invite them to do something simple and directed with their body.
- Step 2 - Befriending the body** As yoga teachers we do this through a type of language that David Emerson at the Trauma Centre at JRI has named “Invitational Language” and “The Language of Inquiry/interoception.” We are helping students to move away from self judgment to a place of interest and curiosity. This includes words, tone and inflection. Trauma sensitive language should be clear, direct, concrete, bringing attention to visceral experiences, light on metaphors, gentle inviting mindful movement and breathing.
- “**Invitatory Language**” – used to promote choice and control which is very important to trauma survivors. Part of building empowerment, our students have control over their bodies.
- “**The Language of Interoception**” – Promotes a mindful approach to yoga in which there is no right or wrong just curiosity and experimentation.
- Step 3 - Body as a resource** Self-regulation includes the ability to calm oneself down. For trauma survivors who are being triggered regularly this can be a big challenge. As yoga teachers, we can offer practices and postures, including Pranayama, that clients may find helpful for self-regulation..

MODULE 4: DIFFERENT GROUPS

Understand key characteristics and best practices for working within various social service settings including mental health, addictions, corrections, and youth.

MODULE 5: TEACHING IN A SERVICE YOGA SETTING

Yoga Setting - What to expect: rapport, mandates, and responsibilities of teaching in a service yoga setting.

Group project - Students incorporate the concepts they have learned into a teaching experience and receive strategic feedback to help them use the skills in the future.