

FINE BALANCE TRAUMA INFORMED YOGA TRAINING FAQ'S

1. **Financial Assistance:** Some trainings and classes have a work-study role available. This means a reduced rate on the training in exchange for supporting the facilitator. This support would include but is not limited to committing to attending all sessions of the training and arriving to all sessions early to help set up and staying after to help tidy. If you would like to find out about a work study role [please contact us](#).

2. **Attendance:** In order to receive a certificate of completion for trainings participants need to fulfill all of the training hours and assignments. Participants who cannot attend all of the sessions may be able to make up missed hours the following year when the training runs again if deemed appropriate on a case by case basis. Extensions on assignments can also be arranged upon request.

3. **Certification vs. Completion:** If you complete a training with Fine Balance Yoga it is not considered a certification. Although you do receive a certificate of completion that states that you have successfully completed all the hours of the training in trauma informed Yoga. Fine Balance Yoga trainings will teach you practical trauma informed Yoga theories and techniques that you can integrate into your teaching and work. This training will not qualify you to be a Yoga teacher or therapist or any kind.

4. **Online Training:** Fine Balance Yoga is not currently offering any online training. If you want to talk about bringing a training to your community, [please contact us](#) for a Marketing and Information Package.

6. **Who can attend?** This workshop is open to teachers, students, health care professionals and anyone interested in learning more about how Yoga can be helpful for addressing some of the symptoms associated with the aftermath of trauma.

7. **What is the difference between the various trainings you offer?**

Yoga, Trauma and Mental Health Training:

- Conducted in Victoria
23 hours
- Manual that was co-authored by myself & others for Ajna Yoga which is the studio and Yoga Therapy school that hosts the training
- I am the only facilitator
- Work-study opportunities: Please contact <http://ajnayoga.ca/>

Yoga Outreach Core Training:

- Conducted in various locations

- 18 hours
- Manual was co-authored by myself & others for Yoga Outreach, a non-profit organization
- This training is required to volunteer for them
- I am the main facilitator with other volunteer teachers and staff coming in as co-facilitators
- Work-study opportunities: Please contact <http://www.yogaoutreach.com/>

Fine Balance Trauma Informed Yoga Training for Yoga & Health care Professionals:

- Conducted in various locations
- 23 hours
- Manual was authored by me
- I am the only facilitator
- Work-study opportunities: Please contact nicolem@finebalanceyoga.ca



SAMPLE TRAINING SCHEDULE (CONTENT & SCHEDULE SUBJECT TO CHANGE)

Day 1 -5:00 – 9:00pm

5:00 Asana, Agreements & Introductions

Agenda & Overview of Course

6:30 Break 15 Min

Trauma, the Body & Disease: A Western Medical Perspective

Asana

8:45 Close

Day 2 – 9:00am – 5:00pm

9:00 Asana, Review & Check In

Trauma & the Brain

Trauma & Addictions

10:30 Break 15 Min

Symptom Clusters

Boundaries & Self Care

Asana

12:30 Lunch 60 min

Why Is Yoga Helpful for Trauma Survivors?

Safety & Triggers

3:00 Break 15 Min

Asana

Trauma, the Body & Disease: A Yogic Perspective

Reclaiming the Body & Lesson Planning

4:45 Close

Day 3 – 9:00am – 5:00pm

9:00 Asana, Review & Check In

Lesson Planning

10:30 Break 15 min

Group 1 Teach

Group 2 Teach

12:30 Lunch 60 min

Group 3 Teach

Group 4 Teach

3:00 Break 15 Min

Post Traumatic Growth

Anti-Oppressive Practise & Embodied Activism

4:45 Close