

Teaching Trauma Sensitive Yoga for Every *BODY*

A workshop intensive w/ Linda Black
Saturday May 15th, 2021 2:00-4:00pm



Purify Wellness Center

This hands-on experiential workshop aims to build confidence in your teaching abilities to support students moving through trauma on and off the yoga mat.

- Learn the 3 basic modes of the mind and how trauma stored in the body affects brain function.
- Provide an environment free of distractions that could potentially trigger shut-down in the student.
- Clarify your scope of practice as a yoga instructor
- Learn teaching tools to calm & empower students through your speech, senses, and listening support.

Most importantly, build awareness and stability through emotional sovereignty.

Purify Wellness Center
1064 S N County Blvd #160
Pleasant Grove, UT 84062
(801) 854-5153

Linda Black, C-IAYT, E-RYT500
Linda is a respecter of the body, mind, and soul and believes in WHOLEness as a birthright.

Creating transformation in her students through lifestyle modifications is her *passion*.

www.InTuneYogaWellness.com.

