



Trauma Sensitive Mindfulness Meditation Teacher Training

Frequently Asked Questions

1. Do I need to be enrolled in any specific program or have previous experience with trauma impacted populations to attend this Mindfulness Meditation Teacher Training?

No. This teacher training is designed for meditation teachers yoga teachers, physicians, healthcare providers, therapists , wellness providers and those who are interested in learning more about this invaluable curriculum. If you have a consistent mindfulness practice and a desire to learn more, then we would love to have you join!

2. Is this course intended for professional training or personal healing?

This course is offered as a professional training for and those interested in learning how to create a trauma sensitive environment for mindfulness meditation. While you will benefit in many ways as a result of this learning and practices, it is not intended to be an individual trauma healing course.

3. I understand this is not a trauma healing course, but I am a yoga & mindfulness practitioner who has experienced trauma. Is this course for me?

If you're taking the course explicitly to heal your own trauma, this course will likely not be a good fit for you. Given the ubiquity of trauma exposure, however, it's common that a yoga and/or mindfulness practitioner taking the course will have experienced trauma, and we encourage you to pace yourself and be self-responsive as you move through the material.

4. Do you offer scholarships for this program?

Yes, we have scholarships available for this course. Given that trauma disproportionately impacts marginalized communities, these scholarships will prioritize people of color, poor and working class people, and others who are marginalized by systems of oppression and subsequently have less access to resources. We handle each case individually. If you would like to apply for a scholarship, please reach out to us at: aparna@livingyouryoga.org

5. What if I can do most of the training but have to miss a few hrs, can I still be certified?

No, we require you to complete the entire training and the noted hrs in order to get the certificate of completion. This training is designed so that each module builds on the previous one, so we encourage you to explore it sequentially and completely.

6. Can I attend the training online via zoom?

Most of this training is at home study of material sent to you every 3 weeks. The engagement sessions are also online via zoom. The only part of this training that is in person at the studio is the 9hr Immersion which is also the time that you will do your final exam and get your certificate. While we strongly encourage you to attend this part of the training for maximum benefit in person, we will be offering the training both in studio and live on zoom. So, yes if needed you can attend the Immersion via zoom.

7. Is there tax on the payments?

Yes, if paying via a check please add NM tax 7.85% on the full or each partial payment. If you pay online on our website, this charge is automatically added to your payment. If paying via credit card we will add the tax to your payment.

8.What is the digital material for ?

The digital material contains all of the material that will be covered in each section of the training. It will come to you in a pdf form. We recommend that you print it out so that you can take extra notes alongside the material if needed.

I have additional questions: : Contact us at aparna@livingyouryoga.org or 505-227-7765