



# Trauma Sensitive Yoga 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 Yoga Teacher Training?

No. This yoga teacher training is designed for yoga teachers, physicians, healthcare providers and those who are interested in learning more about this invaluable curriculum. If you have a consistent yoga 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 yoga teachers and those interested in learning how to create a trauma sensitive environment. 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) Will this training cover yoga poses in detail ?

While the program will cover sequencing of yoga poses, breath and movement designed specifically for TSY classes, it does not cover functional anatomy or details of each yoga pose. If you do not have any training in these areas we suggest you take our 200hr Foundational Yoga Teacher training program first and then take the TSY training.

5) 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](mailto:aparna@livingyouryoga.org)

6) 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.

7) Can I attend the training online via zoom?

While we strongly encourage you to attend the training in person for maximum benefit, we will be offering the training both in studio and live on zoom. So, yes if needed you can attend the training via zoom.

8) How can I get my CEU's from Yoga Alliance?

After the completion of the training you will be invited to answer a 30 min True/False exam. Once you pass this exam you can register your CEU hrs with Yoga Alliance.

9) Is there tax on the payments?

Yes, if paying via a check please add NM tax 7.18% 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.

10) What is the digital manual for ?

The digital manual 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 in class alongside the material if needed.

**If you have additional questions: : Contact us at [aparna@livingyouryoga.org](mailto:aparna@livingyouryoga.org) or 505-227-7765**