

TRAUMA INFORMED AYURVEDA

If you are a **Yoga Teacher, Ayurvedic Practitioner, Social Worker or Therapist,**
THIS IS ESPECIALLY FOR YOU!

EVEN IF YOU ARE JUST CURIOUS, THIS IS FOR YOU TOO!

April 20, 2-5 pm **Yoga Seed Collective,**
1400 E st. Suite B,
Sacramento, CA, 95811

- If you know about yoga's ability to heal, do you know about yoga's sister science, Ayurveda, and how it can support healing trauma?
- If you are a therapist or social worker, do you notice that many of your clients, especially those with early trauma, have self-destructive habits that are difficult to uproot?
- If you teach yoga, do you feel you lack tools to direct your students to when they are ready to make changes in their lives?

Unresolved trauma underscores nearly every societal malady, from suicide to mass shootings, to cancer and autoimmune disease.

IF YOU HAVE TAKEN ANATOMY AND PHYSIOLOGY OVER A YEAR AGO,
YOU MAY NOT HAVE HEARD ABOUT THE **POLYVAGAL THEORY.**
THIS IS A KEY REASON FOR AYURVEDIC THEORY APPLICATION IN HEALING TRAUMA.

After this 3 hour class, you will know more about...

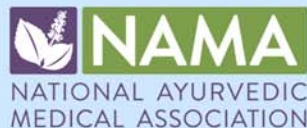
- How Ayurveda can benefit your students/ clients.
- How new brain science links directly to Ayurvedic theory and how it can be applied generally.
- At least five ways to build sensory mindfulness, for your own practice, to integrate into a class or to invite your clients to try to get unstuck!

HolisticTraumaRecovery.org

530-615-7268



Schuyler Bright is a HolisticTrauma Recovery Specialist, Clinical Ayurvedic Specialist, Yoga Alliance & National Ayurvedic Medical Association Continuing Education Provider, and Certified Massage Therapist. Using primarily yoga, massage and Ayurveda to heal from her traumas and 20 year addiction, she now shares these methods with clients privately and through Sierra County Drug Court, Connecting Point, Community Beyond Violence (formerly DVSAC), and Wayne Brown Correctional Facility.



**REGISTRATION &
MORE INFORMATION:**

