

TRAUMA-SENSITIVE YOGA TEACHER TRAINING

With an emphasis on teaching in rural communities.

Through home study, lecture, study guides, and practice teaching, we will learn and explore:

- The fundamentals of trauma
- Yoga at its roots: a healing practice that embodies equity, union, and the reduction of suffering
- Power, privilege, cultural appropriation, and your impact on students.
- How to reduce harm
- How to create a trauma-sensitive environment to make your classes more inclusive

Cost: Equity-based fee scale \$270-\$108. See attached for details and at <http://www.inspiringactions.com/services>

On-Demand Professional Development Course

Study at your own pace.

9 CEUs with
Yoga Alliance



Lucy L. Pirner, MS
Licensed Psychologist,
Licensed Professional
Counselor,
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Certified Teacher,
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Equity-Based Fee Scale

Trauma-Sensitive Yoga Teacher Training

Sponsor Rate (pays for you and supports others) \$270

Standard Rate (pays for you) \$198

Discounted Rate \$108*

The discounted rate is to serve those who experience marginalization or who are experiencing financial hardship. Please choose the rate that best matches your life circumstances.

***KEY FOR DISCOUNTED RATE**

Please look at the graphic below. The more you identify with the descriptors at the center of the wheel, the more power and privilege you have. The more descriptors you identify with at the outside of the wheel, the more likely you have experienced marginalization and are invited to register with the discounted rate.

If you live in the St. Croix Valley of MN/WI, you are welcome to apply for a personal scholarship at www.abundantiyogacommunity.org

Questions? Contact Lucy at 715-220-1185 or redtwigyoga@gmail.com

WHEEL OF POWER/PRIVILEGE

