



100 hour  
Accredited Training

2024 PROSPECTUS

# TRAUMA INFORMED YOGA

Live online  
Limited places

[www.traumatherapymanchester.com](http://www.traumatherapymanchester.com)



**ASHWINI  
SHANNIKODI**  
PhD  
2021 graduate  
Accredited TIY teacher

"There is no denying the fact that, this works is deep, challenging layers of conditioning, triggers may come to surface; but choice, support mentoring are available.

"This collective space can help us change our perspective may help you develop deeper understanding with your nervous system. The course materials are easy to understand, and they are good. Overall, it's one of the amazing courses and I highly recommended this Trauma Informed Yoga Course."

**Ashwini Shannikodi**

Find out more about Ashwini's work:  
[www.breathefortransformation.com](http://www.breathefortransformation.com)

# COURSE STRUCTURE

The first 3 modules equip you with the knowledge and practical experience to deliver a 3-phase approach to trauma recovery, as recommended by the International Society for the Study of Trauma and Dissociation (ISSTD).

**Module 1: Stabilisation:** Establishing safety in the body. Creating healthy boundaries. Self regulation through the *gunas*. *Kosha* balancing. Uncovering *samskaras* of trauma.

**Module 2 - Processing:** Working through trauma patterns to recalibrate the Autonomic Nervous System (ANS) for 'connection and growth mode'. Building ANS resilience. *Chakra* balancing.

**Module 3 - Integration:** Expanding out into daily life, creative expression, harvesting from the work. Closing rituals, healthy endings.



"To sit in a room with another being and reveal our soft underbelly is an act of tremendous trust." Carolyn Spring





AMY MERONE

2021 graduate, accredited TIY teacher

# SAFETY & RISK

## Module 4

**Safeguarding:** Who needs protecting; identifying risk; working with children and vulnerable adults. Reporting, policies and professional notetaking.

**Suicidality:** Demos of conversations about suicide. Responding to extreme distress and suicidality. Suicide safety plans. Handling risk to life.

**Risk assessment:** When and how to assess for risk. Responding to disclosures of past or present abuse.

**Working alongside psychiatry and psychology services** and as part of a multi-disciplinary team (NHS or private). Basics of psychiatric medications.

**Scope of practice** of a Trauma Informed Yoga teacher.

**Self care** when working with challenging situations.

**Mentoring** and ongoing professional support.

*"The most enriching yoga training I have taken part in.*

*The course helped to deepen my knowledge and further develop my skills to support students to create safety, to recognise trauma-related patterns and to process trauma held in the body.*

*Susi and the other teachers on the course are highly skilled practitioners and, as such, it is an incredibly rich and compassionate learning environment to be part of.*

*Becoming an accredited teacher has enhanced and developed my offerings, and I feel confident that it will continue to do so. It has been a privilege to be part of a training course that has so much integrity, skill and rigour."*

**Amy Merone** mostly works with women seeking asylum, people living with cancer, young adults with learning disabilities and those with mental health issues.

Find out more about Amy's work:  
[www.amymeroneyoga.co.uk](http://www.amymeroneyoga.co.uk)



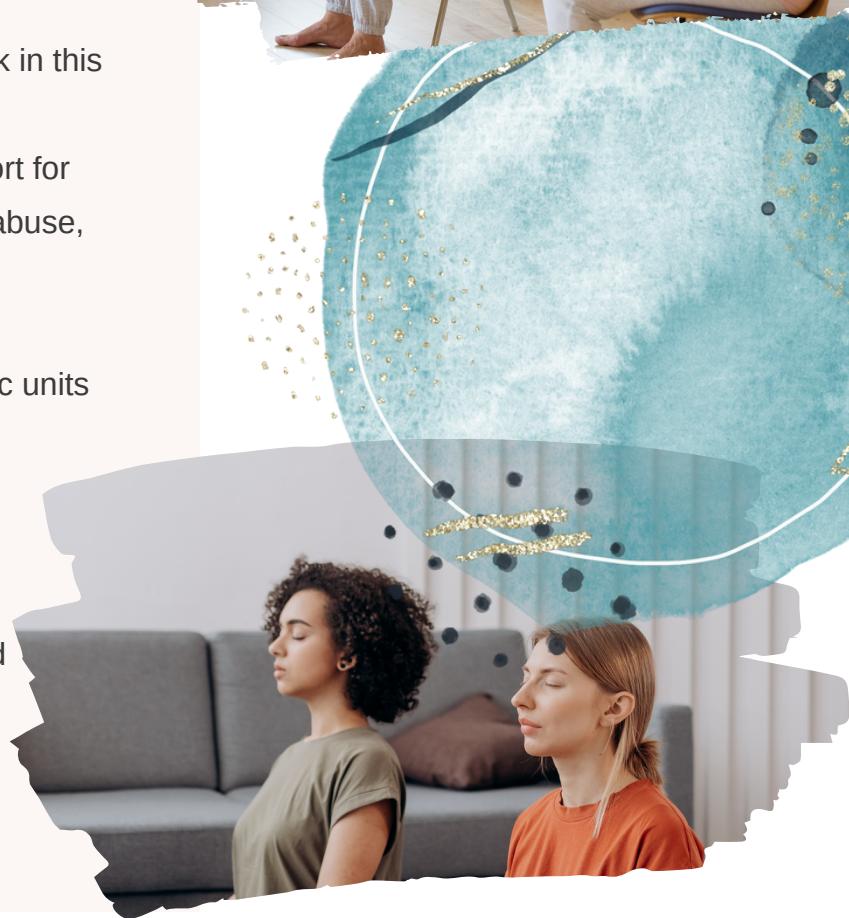
when people feel safe they can discover who they really are

# TIY TEACHERS: THE WORK

Trauma Informed Yoga is increasingly being recognised for its potential in trauma recovery. Patients are requesting yoga, healthcare organisations are employing specialist Trauma Informed Yoga teachers and clinicians are seeking qualified TIY teachers to refer to.

Some of the ways you might want to work in this field are:

- Specialist trauma services e.g. support for asylum seekers, survivors of sexual abuse, women recovering from birth trauma, adoption services.
- In-patient services such as psychiatric units - either running groups or one to one sessions.
- Within prison and probation services.
- Social prescribing (through the GP).
- Private one to one sessions or closed groups for the general public.



## WHAT WILL GRADUATES BE ABLE TO DO AT THE END OF THE COURSE?

- Create a personalised treatment plan and guide students through the gold standard, 3-phase trauma recovery model in closed groups or one to one. This may be done over several years and may need a multi-disciplinary approach.
- Recognise the scope of practice of a TIY teacher and when a referral is necessary.
- Provide Yoga Alliance Professionals Accredited Trauma Informed Yoga sessions for the general public, private healthcare, charities or within the NHS.
- Advertise yourself as an Accredited Trauma Informed Yoga Teacher and use the Accredited TIY badge.



# TRAINING CONTENT

Practical training in key principles of working with the koshas, gunas and chakras – creating a trauma informed session, facilitating and developing the practice. You will receive training in designing and implementing trauma recovery plans with examples of practices. This builds on the foundations of Trauma Sensitive Yoga (TSY) and assumes competence in this area as we don't repeat any of the TSY training.

Session planning, watching one to one demos, discussing observations, practicing skills. Developing your own authentic expression.

Participation in trauma informed yoga group classes with debriefs to illuminate principles demonstrated.

Self study, triggers and emotional pain.

Developing a healthy teacher/student relationship.

Working with complex or developmental trauma versus shock trauma.

Spiritual bypass, meditation and dissociation.

Handling stories, memories and other content.

Trauma Informed Yoga Teacher sharing session to close the training and witness one another.



*"This course is absolutely phenomenal. It is culturally appreciative of the Yoga history and philosophies, pragmatic and effective in the techniques taught, and as detailed & supportive as a professional therapy course would be. Much of the course was about using the tools and techniques on ourselves to understand and build confidence to teach. So, in doing the work myself first, I know the value of including Trauma-Informed Yoga in my approach to both teaching and healing.*

*Susi and her team are also so kind and supportive, I would not hesitate to recommend this course to anyone who feels called to teach TIY."* **Maryam Jivanji, B.A., M.A., B.Ed., 500 YTT**

Find out more about Maryam's work, "Helping Women of Colour heal & support their nervous systems using authentic Trauma-Informed mindful movement & intentional breathwork."  
[www.jivanyogawithmaryam.com](http://www.jivanyogawithmaryam.com)



# COURSE FORMAT

## Contact hours - the core training weekends

Live online training weekends: 52 hours

## Additional hours - to be arranged at your convenience

Mentoring: a 3 hour group mentoring session (can be taken as 3 x 1 hour individual sessions) PLUS 3 x 1 hour individual sessions with your mentor, to be arranged privately with your assigned tutor.

Skill development: Practice delivering Trauma Informed Yoga in dyads and triads: 10 1/2 hours.

This will be arranged within your groups outside of scheduled course times. All hours must be logged and submitted for accreditation.

3 Trauma Informed Yoga sessions with an Accredited TIY teacher to gain insight as a student. Sessions are likely to be around one hour, prices vary according to teacher. We can provide a list of teachers for you to contact. Approx: 3 hours in total.

## Non-contact study hours (approx)

Total: 40 hours

Case studies – sessions with students 9 hours

Case studies – write up / planning 17 hours

Recommended reading and videos - approx 14 hours



*"I feel the 100 hr trauma informed training is something every yoga teacher should do, it will take your knowledge to another level, you will be able to help people in such a deeper way, the course is a huge investment of time and emotion, but you are held in such a way from the very start you know the value these teachings will have, Susi and her team are authentic, honest, supportive and so knowledgeable, such a great investment, thank you."*

**Carliann Langley**

Find out more about Carliann's work

[www.peaceloveyogauk.com](http://www.peaceloveyogauk.com)





# TESTIMONIALS - FROM OUR GRADUATES



**DENISE WALTERS**  
2021 graduate, accredited TIY teacher

*"The Trauma Informed Yoga training has allowed me to grow as a teacher. To be able to offer these practices and techniques to a wider community has been incredible. The course is very well run with fantastic teachers, it works great online and I have felt supported throughout the course and afterwards too. We built a safe and supportive community on the course and the amount of knowledge that Susi, Sara-Mae and the team shared with us was so special. Thank you."*

Find out more about Denise's work [www.smallworldyoga.co.uk](http://www.smallworldyoga.co.uk)



**SEBNEM UGURAL**  
2021 graduate, accredited TIY teacher

*"Both as a yoga teacher and a mental health recovery support worker, I gained a lot of skills to support my students and clients through their trauma recovery journey. This course perfectly blends theoretical and practical materials to address trauma and application of yoga as a tool for healing through trauma. The case studies as part course work and feedback from Susi and Gitu were very useful to improve my practical skills. I highly recommend this training to experience a space full of healing, skill-building and self-discovery."*

Find out more about Sebnem's work [www.sebnemugural.com](http://www.sebnemugural.com)



**EMILY KATSUNO**  
2021 graduate, accredited TIY teacher

*"I truly have learnt so much from this course both personally and professionally and would say it has been life changing in how I navigate my own trauma and nervous system and how I offer the practice of yoga. The course was highly professional, rigorous and in depth. The emphasis on self reflection, self study, practice and our own ability to self regulate is what made this course such a transformational process. It has been amazing to be welcomed into a community that provides ongoing support and mentoring. I highly recommend."*

Find out more about Emily's work [www.emilykatsunoyoga.com](http://www.emilykatsunoyoga.com)



**PAULINE REAY**  
2021 graduate, accredited TIY teacher

*"I have completed the 100 hour Trauma Informed Yoga course which was in-depth with a strong emphasis on self-study as well as developing the skills to teach trauma informed yoga. Whilst the course was online there were ample opportunities for small group work in dyads and triads and opportunities to practice both teaching and receiving the practices. An amazing course teaching much needed skills with a great deal of support available from Susi and her team - highly recommended."*

Find out more about Pauline's work [www.paulineyoga.uk](http://www.paulineyoga.uk)

# MEET THE COURSE TUTORS

Our intention is to create an environment where you feel safe, supported and inspired. The Trauma Informed approach underpins all of our work (and life outside work too as we live the principles through our personal relationships and family lives). We are dedicated to creating positive social change, equality and freedom from suffering. Between us we have a wealth of experience and specialist expertise which we share with you wholeheartedly in any way that it serves you to support others. We love what we do and this training helps us spread the work wider than we could ever do alone.



**SUSI WRENSHAW**  
Tutor, course leader and mentor

Susi is a body-oriented trauma therapist and the founder of Trauma Therapy Manchester. She has been commissioned to provide training for NHS clinical psychology services, prisons, rape crisis teams, child and family services. She is qualified to deliver Yoga Therapy, Gabor Maté's Compassionate Inquiry, EMDR, Dr Stephen Porges' Safe and Sound Protocol, Yoga-CBT, EFT and trauma-informed massage. She works privately and for the NHS through the Clinic for Dissociative Studies and previously at Salford Royal NHS Foundation Trust as a Yoga Therapist in the Neuropsychology Department.



**SARA-MAE MARTIN**  
Tutor and mentor

Sara-mae completed her Certified Yoga teacher training in 2010. She attended the BWY Yoga Therapy Foundation Course delivered by Nikki Jackson in 2018 and discovered the depths of how the application of yoga therapy can bring healing, alleviate physical and mental health conditions. She trained as an accredited yoga therapist with additional specialist trainings in yoga therapy for trauma in mental health. Sara-mae works with children from the age of 7 years old, teens and adults. She currently works alongside a team of psychologists and with various trauma and wellbeing centres.



**GITU MENGHANI**  
Tutor and mentor

Gitu qualified as a yoga teacher in 2013. She then went to India to study yoga and Ayurveda in 2018. Gitu completed a 350hr Yoga Therapy for children and young people qualification in 2020, expanding her knowledge of developmental trauma and attachment styles which she now applies in sessions with both children and adults. She has the privilege of working with a range of individuals delivering yoga for neuro and physical diversity.

*"We are embarking together on a process of seeing what is often unseen."  
Susannah Barkataki*



# USEFUL INFO



## PRE-REQUISITES

**Before the Trauma Informed Yoga course starts**

- 200 hour yoga teaching certificate from any school
- 50 hours yoga teaching experience
- 20 hour Trauma Sensitive Yoga self paced online course - if you have completed an equivalent you are still welcome to do ours, if you prefer not to then just email us with the syllabus you covered.

## DATES FOR 2023

**Core course teaching sessions, live online - zoom**

Module 1 Sat 12 - Sun 13 Oct 2024 9.30am-5pm

Module 2 Sat 16 - Sun 17 Nov 2024 9.30am-5pm

Module 3 Sat 25 - Sun 26 Jan 2025 9.30am-5pm

Module 4 Sat 8 Feb 2025 10am-5pm

Module 5 Sat 8 March 2025 10am-5pm

You have one year to complete the assignments, case studies and mentoring sessions

## FEES

- Super Early Bird - on sale from 1st Nov 2023 £825
- Early Bird - on sale from 1st Feb 2024 £900
- Final release - on sale from 1st April 2024 £950 - can be paid in monthly instalments

Bursary applications open from 1st May to 30th June 2024

## ACCREDITATION

**A mark of professional standards**

The course is accredited by Yoga Alliance Professionals even if you are registered with a different organisation for your yoga teaching.

If you decide to apply for accreditation (optional), the following apply: £15 per case study is due to the mentor (3 cases in total).

Additional fees for Trauma Informed Yoga sessions and mentoring.

All of these additional requirements can be spread over the year.



# REFLECTIONS FROM OUR PREVIOUS COHORT



*"It has been such a transformative learning experience. The teachings and information is shared in an inspiring and grounding way.*

*There is an important emphasis on self inquiry, with encouragement for students of the training to practice ongoing self compassion."*

**Katie Furler**

Find out more about Katie's work [www.devonrootsyoga.co.uk](http://www.devonrootsyoga.co.uk)



**2022 TIY trainee, women's wellness yoga therapist, trauma sensitive chronic pain specialist, pregnancy yoga, massage**

*"I have found it to be a very informative and supportive course where I feel welcomed and in safe hands. Highly recommended."* **Kristina Lewis**

Find out more about Kristina's work [www.pranalotus.co.uk](http://www.pranalotus.co.uk)



*"It's a very intense, in-depth course and very well thought through. The teacher's understanding and knowledge around trauma and how to safely support someone through Trauma Informed Yoga in their healing is outstanding.*

*A perfect blend of self-enquiry and reflection, practical sessions and theory. I can highly recommend this course."* **Johannah Bailey**

Find out more about Johannah's work: [www.natural-holistics.co.uk](http://www.natural-holistics.co.uk)



*"I have really valued being part of the 100-hour accredited trauma-informed yoga teacher training. As a Clinical Psychologist and Yoga Teacher, I have developed more specialist knowledge and skills that I can take with me into all of what I offer in my work with yoga students and clients accessing mental health services. The course was well structured and thoughtfully delivered with skill, confidence, and compassion."* **Dr Kayleigh Darch**

Find out more about Kayleigh's work: [www.bamtherapy.co.uk](http://www.bamtherapy.co.uk)



*"Throughout the many different learning modalities I've experienced, I've never come across such a wholehearted & supportive environment as the 100hr Trauma Informed Yoga course.*

*Susi and her talented team extend their framework into every inch of their work & presence. I feel honoured & inspired to have learnt such a valuable course with them."* **Katie Winder**

Find out more about Katie's work: [www.katiwinderyoga.com](http://www.katiwinderyoga.com)

**"Recovery can only take place within the context of relationships, it cannot occur in isolation."  
Judith Lewis Herman**