

Sedona Yoga Festival 2½ Day Pre-Conference · February 4-6, 2015 · Sedona Arizona

Trauma-Sensitive Yoga and Resiliency Training

to Benefit First Responders and Emergency Personnel

Last year the Sedona Yoga Festival helped the Give Back Yoga Foundation reach their goal of getting yoga toolkits into the hands of 10,000 Veterans. Through this training, we aim to share skills and tools to help bring therapeutic yoga to at least 4,000 first responders nationwide.

This intensive training is useful for yoga teachers, psychologists, first responders, or anyone working with first responders and law enforcement personnel who deal with Post Traumatic Stress (PTS) and Secondary Traumatic Stress (STS) aka Compassion Fatigue. Scientific studies now show that yoga and other mindfulness practices have a significant positive contribution on alleviating PTS and STS symptoms, and on strengthening body and mind resiliency. Students will leave this trauma-sensitive yoga training with the necessary tools to benefit this population.



In Collaboration with Give Back Yoga Foundation

Faculty of leading experts including
Bhava Ram ERYT-500
Olivia Kvitne ERYT-500
Robert T. Scott, Ph.D., CTS
Jeff Masters LMT, ERYT, MSc
Felicia Marie Tomasko RN, ERYT-500
Michael Quinn, RYT-200

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