

Yoga for Trauma Recovery

Yoga for Trauma Recovery approaches healing trauma by working with the body and mind simultaneously. It is based in the principle that ‘embodiment precedes empowerment’ and combines yoga, breathing, movement, and meditation. This practice is designed to release deep muscle tension and mental patterns caused by stress or trauma while providing participants safety, choice, collaboration, and empowerment in an environment of trust. Practiced regularly and over time, yoga for trauma recovery supports the restoration of emotional and physical well-being and improves the practitioners’ quality of life.

In this workshop you will learn

- Guidelines for trauma informed teaching
- Components of a practice for trauma recovery
- Methods for grounding
- Methods for flow
- Methods and techniques for stability and stillness
- Maximum relaxation

Hanna Gilan, in addition to being a professional development trainer for Echo, is a certified (500 EYRT) yoga instructor who specializes in trauma-informed yoga. During the last 14 years, she has taught yoga and mindfulness to students of all ages and abilities, including women at an eating disorder clinic, sexual abuse survivors, and young men with trauma histories.

By focusing on deeper alignment and the integration of body, mind, and spirit, her classes invite challenge, exploration, stillness, and harmony. An emphasis on breath and intelligent sequencing, combined with the knowledge and meditations offered throughout each class, help students experience the healing of the body and quieting of the Mind that lead to more joyful and peaceful living.