

At least 20 hours of yoga experience suggested.
No previous teacher training required.



TRAUMA INFORMED YOGA TRAINING

14 CEUS AVAILABLE

The **Street Yoga** Trauma-Informed Training offers an inspiring and heart-felt introduction to the field of yoga service for youth experiencing homelessness, abuse, addiction and other life challenges. The densely-packed 14-hour training focuses on a variety of practical, hands-on skills needed to serve youth with yoga and meditation in the real world.

EXPLORE

- Modifying poses for various populations and situations.
- Potential behavioral challenges and strategies for dealing with them.
- Tools for improved communication success.
- Problem-solving approaches to deal with boundary issues.
- How to effectively approach and partner with social service agencies.
- Opportunities for practice teaching.

HOST:

FEBRUARY 9-11, 2018



FRIDAY 2/9 5:30 – 9:30PM | SATURDAY 2/10 & SUNDAY 2/11: 12:00 – 7:00PM

HIGH DESERT YOGA | 4600 COPPER AVENUE NE, ALBUQUERQUE NM 87108

Early Bird \$300 (until January 11th 2018) | Regular \$335
Discount Rates For Groups of 5+

Apply Online: www.streetyoga.org | Contact: training@streetyoga.org

FACILITATED BY: MARK LILLY

Mark has extensive expertise in community- as well as hospital-based mindfulness practices, and is initiating Mindful Communication workshops for physicians, along with similar trainings for nurses and social workers. In addition to ongoing work with Street Yoga, he has developed the practice of Body-Mind Rehab Therapy, which he currently offers to pediatric inpatients recovering from significant illness or injury, at Portland's Emanuel Hospital. He is also co-creator of the Mindful Parents & Caregiver program which serves social workers and their client families with practical, everyday mindfulness. For Mark, yoga is an everyday survival skill, a practice he has shared with thousands of youth through Street Yoga.



This program is approved for continuing education by the National Association of Social Workers and Yoga Alliance