



Equipment Requirement Sheet

Trauma Sensitive Yoga Practices

It's estimated that one-third of participants in a mainstream yoga class have experienced significant trauma. In this workshop, yoga's effects on the autonomic nervous system will be examined, as well as recommended practices and contraindicated positions. Class and instructor considerations will also be addressed, providing participants with the insight to handle victims of trauma in a mainstream class. *Trauma-Sensitive Yoga Practices is NOT a part of the NETA 200 Hour Yoga Program curriculum, and may only be used for continuing education credits.

Space Needed:

Group Exercise Studio: 8am – 1pm

Equipment Required:

___ Yoga mats

___ Yoga blocks

___ Screen/projector for presentation



Questions regarding equipment please contact: Darci at darci@netafit.org