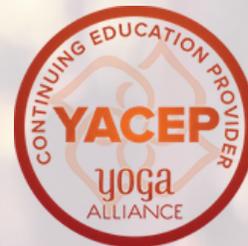


# YACEP® CERTIFIED INTRODUCTION TO TRAUMA INFORMED YOGA & BODY SENSE

8 HOUR CE  
WORKSHOP

SAT 11/3 1.30-6.30PM  
& SUN 11/4 1PM - 4PM  
@ YOGA NEST, VENICE



FEE \$250 - \*EARLY BIRD\* REGISTER BY 11TH OCTOBER - SAVE \$100

Perfect for yoga teachers seeking to upgrade their skills or meet Yoga Alliance's Continuing Education requirements, and students who want to explore how past trauma is impacting their practice. In this YACEP® certified workshop you'll learn:

- \* What trauma is and how it affects every body; mind, body, heart and soul
- \* The stress response and the autonomic nervous system's response to trauma
- \* Why choice - even during asana - is so essential
- \* How our personal trauma history informs our work
- \* What is self-regulation and why it's so important
- \* Body Sense - interoceptive awareness - and how to develop it in self and others
- \* How to spot when students are checking out and what to do about it
- \* Why certain kinds of touch and language can harm or heal
- \* How to create safer spaces; classes, retreats and privates

SIGN-UP NOW AT [GEMINIADAMS.COM](http://GEMINIADAMS.COM) OR EMAIL [GEMINI@GETBODYSENSE.COM](mailto:GEMINI@GETBODYSENSE.COM)

Taught by trauma specialist, Gemini Adams, C-TREP, E-RYT, who is passionate about unraveling the shadowy "stuff" that sits behind our suffering, to bring relief and restore an authentic state of well-being to mind, body, heart and soul. She's also the author of several award winning healthy living books and articles. Originally from England, you'll find her popping in to teach at studios, retreats, festivals and training's, sharing deeply healing practices with the world.

