



Trauma Recovery: Hope and Healing Through Kundalini Yoga

A 9 week trauma sensitive yoga program designed for survivors of trauma given by:

Petra Norris RN, Kundalini Yoga Teacher
Clarissa Chandler, Kundalini Yoga Teacher

Petra is a registered nurse working with women and men who have recently experienced sexual assault and/or domestic violence.

Clarissa is one of the leading pioneers and educators in psychological trauma, addictions and recovery.

Our goal in providing a trauma- sensitive class to women over the age of 18 is to create a safe space for them to regain ownership of their bodies, in essence come back home to their bodies. Students have an opportunity to practice being in the present moment, they choose what they are doing with their bodies and can take effective action to modify postures. While we cannot avoid every trigger to remembering trauma for all students, significant effort is made *not* to introduce triggers, and to create an atmosphere where students feel supported and can learn positive ways of coping.

What is Kundalini Yoga?

This style of Yoga is a technology that begins the process of self-awareness, giving you the power to change and make a difference in your life.

It combines breathing techniques, postures, mantras and meditation to promote a healthy immune and nervous system, and balances the chakras to strengthen your body's energy system. The meditation component of Kundalini Yoga generates the connection between your body, mind and spirit to improve the relationship between you and your divine self.

How does it relate to trauma?

When trauma is experienced, whether it is one time or repeatedly, it separates us from our inner teacher and disconnects us from our bodies. Some of us may not experience our bodies as a safe place.

Through the practice of Kundalini Yoga we can become our own inner healer by renewing the connection with our body, mind and spirit.

This 9 week program will provide some grounding exercises that can be used as a safety net for times when triggers may occur.

Over the nine week program you can begin to clear emotions such as anger, depression, stress and fear, creating space for health, happiness and prosperity.

What kind of trauma is this course effective for?

This program is designed for women over the age of 18 who have experienced interpersonal trauma such as sexual assault or domestic violence.

Frequently Asked Questions

Will I have to talk about the trauma?

No, this is not a support group and you will not be asked to talk about your experiences.

What if I am triggered?

There is a risk that you may be triggered during the yoga. This is a positive space to feel and release emotion. The postures are designed to release the trauma held in the body. Staying with the posture will support and allow you to move through the effects of the body releasing the memories. The teachers will be available after class for support if required.

What if I feel like I need to leave, can I?

While we would encourage you to stay, we completely understand if you need to make the decision to leave. At all times you are in control of what is best for you. You are always able to rejoin the group the following week. However be prepared to have a follow up call to ensure you are okay.

What if I can't do the postures?

Postures can be modified to your level of flexibility. No yoga experience is required. If there is something you are not ready to do, visualizing the posture is the first step to meeting the challenge of doing the posture.

What if I don't feel like I can do the chanting (mantras)?

While chanting is a very powerful healer, it can be intimidating to do the first time. Feel free to absorb yourself in the vibration of others chanting and once you feel comfortable, join in as you wish.

What is the process for registering for the group?

Please call Petra at 416-841-3119 or Clarissa at 416-760- 2630 if you have any questions.

There is an intake process, a few questions. All information you share is kept confidential. If you have any health issues that may limit your participation please see a physician in order to get permission to take the class.

If you are over 3 months pregnant some of the postures may not be available for you to do at this time.

What do I need to bring?

Please bring an open mind.

Wear comfortable clothing.

Bring a yoga mat and water.

We suggest writing your yoga experience in a journal.

We also encourage that you have a support person whom you can contact should you need to. If you do not have support and require it, please speak to the teachers.

"If anything can change your destiny, your dignity, your grace, your capacity—that is love; and love lives in consciousness." © The Teachings of Yogi Bhanjan, July 12, 1982