



50hr Online

Trauma-Informed Yoga Training



a collaboration between Lorraine Taylor and Atira Tan



a transformative program



50hr Online Trauma-Informed Yoga Training



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Embark on a transformative journey with our specialized 50-hour Trauma-Informed Yoga Teacher Training designed to elevate your yoga practice and teaching skills. Led by renowned instructors Lorraine (500 E-RYT) and Atira Tan (SEP, MA, 500 E-RYT), this self-paced online program delves into the essence of trauma-informed yoga from a feminine perspective, empowering you to create safer, more compassionate spaces for your students.

Whether you're a seasoned yogini, women's circle facilitator, or simply seeking a deeper connection with yourself, this course offers a profound exploration of trauma resolution, embodied wisdom, and feminine spirituality. Through a rich curriculum encompassing foundational principles, trauma awareness, therapeutic presence, asana modification, and more, you'll gain invaluable tools to support trauma recovery and cultivate self-love in both yourself and your students. Join us and embrace the transformative power of trauma-informed yoga to heal, empower, and thrive.



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Trauma

ELEMENTS

Trauma-informed yoga is a nurturing approach to yoga teaching that acknowledges the deep impact of trauma on our bodies, minds, and spirits. It's about creating a space where every student feels seen, heard, and valued, allowing for healing and transformation to unfold. Learning trauma-informed yoga is essential for us as women because it enables us to hold space for ourselves and others with compassion and understanding. By embracing this approach, we can cultivate a deeper connection to our bodies, emotions, and feminine wisdom, empowering ourselves and our community to heal and thrive.





Why join Trauma-Informed Yoga?

Why should you join?

This course is not just about gaining knowledge; it's about embarking on a transformative journey that will empower you to make a real difference in the lives of women everywhere. Our course offers a unique blend of expertise, compassion, and practical skills, guiding you to become a confident and effective trauma-informed yoga teacher. By joining us, you'll not only deepen your understanding of trauma and its impact but also learn how to create safe and supportive spaces for healing and growth. It's an opportunity to step into your power, connect with your feminine wisdom, and make a meaningful impact in the world.

Experts in the field

This course is led by two remarkable female teachers. Lorraine Taylor, a seasoned yoga instructor with over 30 years of experience, and Atira Tan, a renowned somatic trauma specialist and educator, have joined forces to offer you an unparalleled journey of growth and healing. With Lorraine's deep understanding of yoga and Atira's expertise in trauma recovery, you'll gain invaluable insights and tools to navigate the intersection of yoga and trauma with compassion and wisdom. Together, they bring decades of combined experience and a shared commitment to empowering women on their yoga journeys.

Benefits of this training

- Become more trauma aware
- Understand how some asanas can heal, and others can harm
- Learn how to modify your classes for sexual abuse survivors
- Be more embodied and connected to feminine wisdom
- Discover a more compassionate relationship with your body
- Embody a more feminine way of being
- Learn how to respond more effectively to trauma
- Gain a foundation in trauma in the nervous system
- Learn yogic tools for support and self-love
- Find a softer, more nurturing approach to healing
- Live a more enlivened life
- Educate yourself in somatic approaches for trauma recovery





Easy to use Online Learning Platform

Our platform is interactive

We ensure that your online learning experience on our interactive online platform is engaging and not boring. Our user-friendly navigation, engaging video lectures, live yoga classes, and experiential somatic practices, offers a dynamic and educational space for profound transformation in trauma-informed yoga.

✔ *User-friendly*

✔ *Engaging*

✔ *Self Paced*

✔ *Online Support*



Your Investment

One time payment

50hr Online Trauma-Informed Yoga

USD 550.00

Payment Schedule

50hr Online Trauma-Informed Yoga

Monthly Payment: USD 200

Payment Duration: 3 months

Banking Details

Bank Name: Wise (USD Account)

Bank Address: 19 W 24th Street, New York, NY 10010, United States

Account Name: Lorraine Taylor

Inside the USA:

Routing Number: 084009519

Account Number: 9600000056022593

Outside the USA:

SWIFT/BIC: CMFGUS33

Account Number: 8311042636

Terms & conditions

- **Course Access:** Upon purchase, you will gain access to the course materials immediately. You will have unlimited access to the course content for the duration of the program.
- **Refund Policy:** Due to the nature of the self-paced online course, all purchases are final and non-refundable. Refunds will not be issued after the purchase has been made.
- **Course Completion:** The course must be completed within one year from the date of purchase. Failure to complete the course within this timeframe may result in forfeiture of access to the course materials.
- **Intellectual Property:** All course materials, including but not limited to videos, documents, and presentations, are the intellectual property of Lorraine Taylor Yoga. These materials are for personal use only and may not be reproduced, distributed, or shared without prior written consent from Lorraine Taylor Yoga.
- **Technical Requirements:** Participants are responsible for ensuring they have access to the necessary technology and internet connection required to access the course materials. Lorraine Taylor Yoga is not responsible for any technical issues or limitations experienced by the participant.







Lorraine Taylor Yoga

~ Feminine Path of Yoga ~

