

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



# TRAUMA INFORMED YOGA TRAINING

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:



## DECEMBER 7-9, 2018

FRIDAY 12/7 6:00 – 10:00PM | SATURDAY 12/8 & SUNDAY 12/9: 10:30AM – 4:30PM  
**One Down Dog | 4313 West Sunset Blvd. #208, Los Angeles, CA 90029**

Early Bird \$300 (until November 7<sup>th</sup> 2018) | Regular \$350  
Apply Online: [www.streetyoga.org](http://www.streetyoga.org) | Contact: [training@streetyoga.org](mailto:training@streetyoga.org)  
Discount Rates For Groups of 5+



**FACILITATED BY  
IVY KATZ**

Ivy has a master's degree in Counseling Psychology from Lewis & Clark College, and bachelor's degrees in Dance and Human Development from Prescott College. As a trainer, she draws from years of experience working with a variety of populations and ranges of concerns which include: homelessness and runaway youth, trauma recovery, intergenerational trauma, depression, and family of origin issues.