FAQ

How is the Warriors program different from a traditional yoga practice ?

YogaFit'®s Warrior program is more focused on Healing Emotional and/or physical Trauma like PTSD from the standpoint of the central nervous system. We use the latest medical and neuroscience research/evidence that points to the autonomic system as the key to unlocking deeply ingrained responses in the body. The logical or pre-frontal lobe brain is linked to fast movement and large/external muscle groups can actually get in the way of healing in a power yoga type class. We try and skip that to some degree and go right to where the trauma got stuck in the body or better said, when the fight or flight response was activated. This part of the brain that is linked to healing this type of trauma is the limbic center or emotional brain which is activated by slower movements and greater awareness of sensations and feelings that arise through yoga poses (asanas) and our breath (pranayama). YogaFit'®s Warrior's classes will focus on slower, more organic yoga postures or movements combined with creating a safe space for the trauma survivor to heal. We will be teaching Transformational Language which is language that is inviting, process-oriented in nature and supportive so that healing is allowed to happen intuitively. This really turns modern medicine on its head in that we believe true/lasting healing comes from within and is made possible through slower movements, transformational language and a somatic-level understanding of how emotional healing occurs.

Will new breathing techniques be incorporated ?

Yes - not new in the sense of Yoga but new in how they are applied. We will be teaching the more soothing or parasympathetic nervous system activating types of breathing practices like Warriors and 3-part breath as well as other breathing practices that have been shown to be highly effective in healing trauma.

What is the intensity level?

Low intensity from a purely physical perspective, but because the focus is on gaining access to the traumatic emotional pathways through the autonomic nervous system, the class may be high on the emotional intensity scale at times.

How is it different from a regular hatha yoga class?

It is different from the standpoint of focus and intentions for the class. The primary focus is on healing emotional and traumatic memories in the body so we go slower to activate the limbic system but still in the Vinyasa flow style as that is naturally soothing to the nervous system. We also incorporate unique Psoas-release practices into our classes at specific times in the class structure.

Why are YogaFit®'s Essence & Transformational Language critical for creating the potential for healing?

The Transformational Language technique and the Essence of Yogafit (non-competition/non-judgment) that YogaFit® teaches in their Level I basic teacher training is the KEY to creating the sacred space for healing to happen. Because this is installed so firmly at the beginning of our teacher training program,, the YogaFit® family is already well-suited to help soldiers and their families heal. The words we use and how we modulate our voice is so important when teaching yoga to this population. The language is what invites people back into their bodies, not forcefully or demanding because only they can know when and where to feel more in the pose. If pushed too far, too fast, we can actually trigger the fight or flight mode.

The key is to understand that the triggers for people suffering from anxiety and PTSD are held in the body, and yoga can trip those wires if we are not gentle in how we move them in and out of poses. We want our students to be the masters of their own bodies and to only go as far as they can tolerate, then come back to a safe place. This pendulum-like movement through "touching in" to those tender places and then back to a safe zone is how they will begin to heal themselves. YogaFit®'s Transformational Language is process-oriented using words that encourage feeling, breathing, listening to the body and letting go of judgment. This acts as a soothing and healing balm to a warrior's worn-out nervous system!

YOGFIT® TRAINING

Phone: 888-786-3111
www.yogafit.com
E-mail: warrior@yogafit.com
https://www.facebook.com/Yogafitwarriors

YOGAFIT® PROUDLY PRESENTS

YOGAFIT® FOR WARRIORS PROGRAM

2015

YOGAFIT FOR WARRIORS

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YOGFIT® TRAINING SYSTEMS

2015!

YogaFit® for Warriors 100, 120 and 140 hr Expanded Programs

YogaFit® for Warriors, is a 120-hour certification Program designed by Military veteran and Yoga Therapist, Shaye Molendyke; Yoga Therapist, Kristy Manuel; and YogaFit® founder, Beth Shaw to bring safe, trauma-sensitive yoga to help heal the mind body and spirit of those who have been suffering from PTSD and trauma .

YogaFit® for Warriors is designed for yoga teachers, mental health practitioners as well as anyone suffering themselves to more effectively work with those who are wanting to heal from PTSD and the after-effects of trauma. This includes but is not limited to our military and their families, emergency responders and healthcare workers. This Program is also appropriate to help those who suffer from the range of physical and emotional traumas including chronic high levels of stress, anxiety and other stress or trauma related mental and physical conditions.

In both trauma and stress, the body keeps score; the brain rewires itself around the traumatic event and memories get stored in the tissues throughout the whole body. Yoga can help to free those memories, alleviating troubling emotions, perseverating thought patterns as well as chronic somatic tension and hyper vigilance. Yoga can reduce cortisol levels, calming the fight-or-flight response while also increasing the relaxation response.

Military members and spouses will be eligible to participate in YogaFit® for Warriors with financial assistance through MyCAA and the Post 9/11GI Bill licensing and certification program.

If you are interested in hosting a Warriors training, please contact: warrior@yogafit.com .

The Warriors 100, 120, 140 Hr Programs include the following 2-Day workshops:

- **100 hr Level 1 -** a foundational yoga teacher training that educates how to safely guide students through yoga poses using transformational language while encouraging letting go of judgments, expectations and competition.
- **100 hr YogaFit for Warriors (PTSD)–** focuses on psoas release exercises, slower movement, breathing exercises, meditation and specific imagery techniques to address PTSD and other common issues that develop in military settings with returning veterans as well as their families.
- **100 hr YogaFit® for Mood Balancing–** highlights the somatic component of anxiety and depression while teaching breathing and meditation practices to help balance the body and mind.
- **100 hr Healing Emotional and Physical Trauma –** explores how trauma affects the brain and gets stored in the body, making yoga the perfect mind-body modality to release trauma and usher in healing.
- **100 hr Restorative Therapeutics –** The Science of Yoga workshop where HRV monitors are utilized to alleviate the fight-or-flight response.
- **Option for 120/140 hr Cert NEW! Addiction and Recovery —Students will gain a deeper understanding** of Addiction in its many forms to include but not limited to Drugs, Alcohol, Smoking, Gambling, Sex, Overeating, Shopping and Exercise.
- **Option for 120 /140hr Cert NEW! Warrior Kids** —The kids trauma workshop will focus on the unique nervous system and brain response from a physical and emotional standpoint of traumatic events in children like divorce, violence, and chronic abuse. This workshop will address the somatic healing gap in current therapies available for children today.

NEW! Ambassador Program

Help us bring the YogaFit® for Warriors Program to people who need it most.. Connect within your OWN communities, on behalf of YogaFit® to share this program and get compensated to do so. Warriors Ambassadors are YogaFit® team members who want more community agencies and organizations, as well as the individuals they serve, involved in our trauma informed yoga practice. Are you interested in becoming an Ambassador? To apply you must be students in the Warriors program. Please send a current resume, training history, and brief outline about why you want to be involved and send your application to warrior@yogafit.com .

Yogafit MBF Conferences 2015

San Diego CA: Jan 29, 2015
Arlington VA: Feb 19, 2015
Chicago, IL: Mar 12, 2015
Toronto, ON: Mar 12 2015
Calgary AB: Apr 30, 2015
Minneapolis, MN :Jun 25, 2015
Dallas, TX Jul 16, 2015
Atlanta, GA Sep 10, 2015
Halifax, NS: Sep 24 2015
NEW! Warriors Intensive at Walt Disney World Orlando Fl: Nov 9-12th 2015
Portland, OR Nov 19, 2015
Boston, MA Dec 10, 2015

ABOUT YOGAFIT® TRAINING SYSTEMS WORLDWIDE

YogaFit® Training Systems Worldwide was established in 1994 and has since trained more than 100,000 yoga and fitness professionals worldwide. The leader in mind body fitness education, YogaFit® is the largest training school for yoga instructors in North America with further expansion ongoing internationally. YogaFit® is the American Council on Exercise's (ACE) premier and only yoga partner.