

Connected Warriors Trauma-Conscious Yoga Training



Thank you for your interest in the Connected Warriors Trauma-Conscious Yoga Training. Connected Warriors is the largest volunteer-based 501(c)(3) providing Trauma-Conscious yoga classes to Servicemembers, Veterans and their Families at no cost to them. We currently have classes in yoga studios, VA medical centers, Vet Centers, Community Centers and Active-Duty military bases worldwide.

As a volunteer teacher certified through our training, you will gain competency in the following topics:

- The physiological and biological impact of trauma
- Military culture
- How yoga is a tool for post-traumatic growth
- Trauma-Conscious yoga class language, environmental considerations and sequencing

How our training works

Our training has three components consisting of the following requirements for certification:

- Our specially designed on-line class. This on-line video can be viewed at your own pace, but must be viewed prior to the in-person training day.
- A required reading / video list
- Attendance of a 1-day In-person review and practicum. (6 hours)

Each training is facilitated by one of our qualified Trainers who provide support and answers to any questions so that you leave feeling prepared and ready to teach a Connected Warriors Class.

Who can apply

The Connected Warriors Trauma-Conscious Yoga Training is for Yoga Professionals who are 200-hour certified and have a minimum of 30 hours yoga teaching experience. Prior to teaching a Connected Warriors class our teachers must also provide proof of personal professional liability insurance and current CPR Certification.

We also welcome other mental health and wellness professionals to join us for personal growth and/or professional development. **Please note:** The in-person practicum training requires a working knowledge of the practice of yoga including poses and breathing techniques.

Fees

The training fee is \$199.00. This fee is tax deductible and supports the cost of training and materials. A limited number of scholarships are available on a case-by-case basis. If you need financial assistance, you will have an opportunity to request scholarship information during the application process.

Contact Us

For more information about upcoming trainings in your area and to apply, please go to www.connectedwarriors.org and click on the Training tab. Any additional questions or inquiries about our training, contact Mischa Hines, Assistant Education Director at mischa@connectedwarriors.org