

# Connected Warriors Trauma-Conscious Yoga Training

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*Thank you for your interest in 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 participants. CW currently provides classes in yoga studios, VA Medical Centers, Vet Centers, Community Centers and Active Duty bases worldwide.

CW training will provide you a deeper understanding in:

- Military culture
- Physiological and biological impact of trauma
- Yoga as a tool for post-traumatic growth
- CW yoga class protocols including language, environmental considerations and sequencing

## Training Details

Connected Warriors training has two (2) components required for certification:

### Component 1: Home-Study

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- A self-paced, home-study of the Connected Warriors Training manual.
- A supplemental required reading list. (Books are available on Amazon.com and at most local libraries. Books are not included in the training fee and are to be purchased / acquired by the participant for study)
- A companion review worksheet that must be completed prior to the in-person training.

### Component 2: In-person training and practicum.

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- Attendance at an in-person training day. During this training day there will be a review of the home-study material, additional information about teaching a Connected Warriors class, and opportunity for practice teaching exercises (practicum). Depending on location this in-person training may be a 1- or 2-day schedule, but always totaling seven (7) contact hours.
- Training is facilitated by a qualified Connected Warriors trainer who will provide support and answers to any questions you may have with the intention that you leave feeling prepared and ready to teach a Connected Warriors trauma-conscious yoga class.
- Trainings are limited to 20 participants.
- Connected Warriors certification provides a total of 10 CEUs for Yoga Alliance.



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## Cost of Training

The training fee is \$199.00\*

The fee is classified as a donation and therefore is tax deductible. This fee goes directly to support the cost of the training and the continued growth and success of classes in the local area. 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.

*\*Current and active Connected Warriors teachers – please contact your Field / Regional Coordinator for more information about your training cost.*

## Eligibility Requirements

For yoga professionals:

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- Professional yoga teacher with a 200-hour Yoga Alliance (or equivalent) certification
- Minimum of 30 hours yoga teaching experience
- Proof of personal professional liability insurance (Required prior to teaching a CW class)
- Current CPR certification (Required prior to teaching a CW class)

For mental health professionals:

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Mental health and wellness professionals interested in personal growth and/or professional development are also invited to attend our training. *Please note: If you are not a yoga professional, a working knowledge of the practice of yoga including poses and breathing techniques is helpful to participate*

## Additional Information

For additional information on upcoming trainings, go to [www.connectedwarriors.org](http://www.connectedwarriors.org). Click on the “Get Involved” tab to access the Training page.

Participants will apply and register online. Payment will be online during the registration process.

For any additional questions or inquiries about CW training, contact:

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