

Connected Warriors Trauma-Conscious Yoga Training



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 military installations worldwide.

CW training provides 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

CW training has two tracks that you can choose depending on your intention for this certification:

Track 1 - Program training in exchange for a one-year commitment to teach a minimum of 18 classes and Yoga Alliance CEU's are available at a nominal cost

- a) Home Study component
- b) Video and/or video conference component
- c) In-Person Practicum

Track 2 - Trauma-Conscious Yoga Teacher Training for those who have an interest in this subject matter and you will receive 10 CEU's for Yoga Alliance

- a) Home Study component
- b) In-Person Training
- c) In-Person Practicum

The Training Components are as follows:

- A) Home Study – Component 1
 - I. A self-paced, home-study of the Connected Warriors Training manual
 - II. 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)
 - III. On-line home study verification
- B) On-line video conference – Component 2
 - I. Offered monthly – 5 hours
 - II. On-line video conference verification
- C) In-Person Training – Component 3
 - I. Offered periodically – 6.5 hours
 - II. Attendance at an in-person training day to review the Home-study materials



Connected Warriors Trauma-Conscious Yoga Training

- III. Training is facilitated by a qualified Connected Warriors trainer who will provide support and answers to any questions you may have
- IV. Fee based

D) In-Person Practicum – Component 4

- I. Offered periodically and on-demand – 3 hours
- II. Attendance at an in-person training day to practice teaching exercises
- III. 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 will leave the training prepared to teach a Connected Warriors Trauma-Conscious Yoga class.
- IV. Limited to 20 participants
- V. Both fee and exchange based

Eligibility Requirements

The following are eligibility requirements:

- Yoga professionals
 - 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)
- Mental Health Professionals
 - 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*

Cost of Training

The value of the training is \$199.00 and can be paid upon registration or in exchange for a one-year commitment to teach 18 CW classes. Participants apply, register and pay online.

Additional Information

All in-person trainings must have a minimum of five (5) registered attendees two (2) weeks prior to the date of training. All scheduled trainings must be approved by the assigned Coordinator and the Field Operations Manager.

For additional information on upcoming trainings, go to www.connectedwarriors.org. Click on the “Get Involved” tab to access the Training page.

For any additional questions or inquiries about CW training, contact Kira Hall, HQ Field Coordinator at programs@connectedwarriors.org