



Yoga for Trauma weekend workshop

Feb 12-14, 2022

Humm yoga studio - Beirut

Early bird registration: Feb. 5th

Regular Registration: Feb. 9th

Click [HERE TO REGISTER](#)

Places are limited

Yoga for Trauma

weekend workshop

Topics covered

- Understanding the neuroscience of trauma recovery through Somatic Experiencing & Polyvagal Theory lens.
- Learning about teaching yoga to people with trauma.
- Practicing yoga to free up the body, the breath, and the emotions from tensions.
- Orienting to presence and safety in the here & now.
- Co-creating ritual practices, visualization, mantra chanting, mandala-making and yantra.

Schedule

- Three full days: **11am - 5pm**, Saturday to Monday, Feb. 12 - 14, 2022.
- Herbal tea breaks will be provided
- Please bring your own vegetarian lunch and snacks

Fee & Registration

- 900.000 LBP / early bird 750.000 LBP
- Early bird Registration: Feb 5th
- Regular Registration: Feb 9th
- Places are limited
- To secure your place, participants can drop off their payment at Humm Yoga Studio, Mar Mkhail. Contact Mahadevi on 03 386 730
- Scholarships are available for those in need, please contact Zena on 76116839 to enquire.
- Places are limited. To register and secure your place, click [HERE](#).

Team websites

www.tools4innerpeace.org,
www.yogawithzena.org,
www.facebook.com/HummYogaStudio/

This 3-day workshop will include yogic practices, rituals, neuroscience and group work supporting trauma resolution. Asana, pranayama, yoga nidra, meditation and mandala sessions will be combined with an understanding of how trauma effects our body and mind, and how to restore wellbeing, individually & collectively.

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Who is it for

This workshop is for yoga teachers seeking to understand the effects of trauma and how to work within the context of trauma. It is also open to anyone interested in learning how to use yoga to overcome stress and trauma.

While no previous experience in yoga is needed, those who are yoga teachers and psychotherapists will learn skills to adapt yogic tools and techniques to their sessions with trauma survivors.

Facilitators

This workshop will be facilitated by Mantramala & Zena Takieddine

Mantramala teaches yoga for refugees around the world and has been based in Lebanon since 2017. She is the founder of Tools for Inner Peace, an organisation set up to empower trauma survivors to manage their own healing and well-being with tools from yoga.

Zena Takieddine is a certified Somatic Experiencing Practitioner (SEP) since 2018 and a yoga teacher since 2009, with a focus on community yoga. She is skilled in working with stress and trauma-resolution in a variety of settings.

Come and learn how to move beyond trauma.