

Trauma-Informed Yoga

Trauma echoes in the brain, and effective treatment quiets the reverberations of the echo



Stress hormones like cortisol, adrenaline, and norepinephrine, are vital for survival...

...but too much of them can dysregulate the body's systems



Yoga helps bring the body's systems back into balance

HPA Axis: Hypothalamic-Pituitary-Adrenal Network

HPA axis modulates body's stress response and regulates hormones



Yoga helps reset the HPA axis and keeps the network in harmony

A balanced HPA axis means...

- Lower psychological stress
- Well-regulated appetite and metabolism
- Regulated blood sugar levels
- Effective immune system functioning

Heart Rate Variability (HRV)

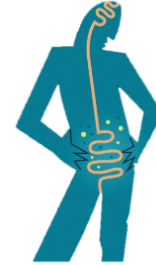


Yoga increases HRV, an indicator of the body's ability to respond flexibly to stress



Higher HRV = greater resiliency and improved ability to respond to stress

Vagus Nerve



The largest cranial nerve in the body, impacts the respiratory, digestive, and nervous systems

Yoga increases parasympathetic nervous system dominance by stimulating the vagus nerve

Resulting in... relaxed, comfortable, intentional, optimal functioning

Significant system improvement:

- Reduced PTSD symptoms, dissociation, insomnia, stress depression, and anxiety
- Improved resilience

Yoga helps improve arousal regulation, autonomic function, respiration, blood pressure, and heart rate

Research supports yoga's effectiveness as a complementary treatment



Helps youth build self-regulation skills

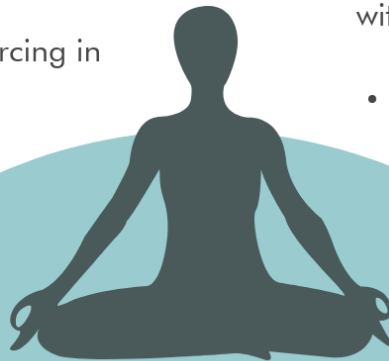


Significant improvements for military veterans with combat-related PTSD

van der Kolk, et al., 2014 | Rhodes et al., 2016 | Price et al., 2017 | Spinazzola et al., 2011 | Jindani et al., 2015 | Cabral et al., 2011 | Cushing & Braun 2017 | van der Kolk, 2006 | Streeter et al., 2018 | Streeter et al., 2012

Core Components of Trauma-Informed Yoga

- Helps people connect with and find safety in the body
- Promotes healing by facilitating resourcing in the physical body
- Cultivates groundedness and centeredness
- Invites people to be in contact with emotions without lashing in or lashing out
- Orients people to time and space using senses to stay present



Moving Beyond Trauma Services: 303-443-8500
 Moving to End Sexual Assault (MESA): 303-443-0400



Moving Beyond Trauma
 HEALING MIND, BODY AND SPIRIT
 a program of Mental Health Partners