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Overcoming Trauma through Yoga: Reclaiming Your Body [David Emerson, Elizabeth Hopper, Bessel van der Kolk, Peter A. Levine, Stephen Cope] on soyblancaalcala.com *FREE* shipping on qualifying offers. Survivors of traumawhether abuse, accidents, or warcan end up profoundly wounded, betrayed by their bodies that failed to get them to safety and that are a source of soyblancaalcala.coms: The book gives concrete, mostly academic information on correlation between trauma overcoming and yoga therapy. It has a focus on yoga practitioners with post-traumatic stress syndrome. It also helps to get a framework on the effects on physical and emotional trauma/5. Overcoming Trauma through Yoga tells how trauma survivors can use yoga to reconnect to one's body and introduces the concept of trauma-sensitive yoga, a modified yoga program developed at the Trauma Center at Justice Resource Institute. It focuses on reinforcing positive relationships between body and mind through breathing and gentle yoga exercises, and provides an in-depth description of post-traumatic stress disorder/5(4). Overcoming Trauma through Yoga is a book for survivors, clinicians, and yoga instructors who are interested in mind/body healing. It introduces trauma-sensitive yoga, a modified approach to yoga developed in collaboration between yoga teachers and clinicians at the Trauma Center at Justice Resource Institute, led by yoga teacher David Emerson, along with medical doctor Bessel van der Kolk.5/5(1). Overcoming Trauma through Yoga: Reclaiming Your Body August 20, by Sean Rogders If you have suffered trauma or are a Yoga teacher looking for ways to expand your class offerings, Overcoming Trauma Through Yoga stands alone in providing a complete program developed by clinical experience especially designed to address the needs of trauma survivors.

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