




# TRAUMA INFORMED PROGRAMMING

## MISSION

*Our Trauma-Informed Programming offers a well researched curriculum created, led, and taught by trained and experienced Challenge to Change Yoga Instructors. We offer yoga and mindfulness programming to youth and adults who may have experienced trauma and are navigating difficult challenges or adults who may teach or work with this population.*



*Programming is designed to encourage resilience, support a mind and body connection, facilitate experiencing physical sensations in the body without activating fight/flight/freeze response, and teach self-regulation techniques and strategies. We focus on trauma-informed language/education, self care, personal empowerment, and sustainable wellness tools.*

## SERVICES

### YOUTH PROGRAMMING

Our Yoga for Resiliency curriculum includes 12 lessons, each including 5 parts of practice: Seated Practice/Check-In, Movement, Heart of the Lesson, Guided Mindfulness, and Close of Practice/Check-Out. We offer live programming delivered by certified instructors for youth in settings such as:

- Juvenile Detention Centers
- Adolescent Residential Treatment Facilities
- Youth Shelters
- Alternative High Schools

### CONTINUING EDUCATION

Challenge to Change provides practical tools to promote resilience and a healthy environment within the classroom, facility and yoga studio.

- Trauma-Informed Classroom Practices - 15 hour training for teachers  
*Qualifies as Iowa AEA Teacher Recertification Credit*
- Trauma-Informed Practices for Yoga Instructors - 15 hour training for yoga instructors  
*Qualifies as Yoga Alliance Continuing Education Hours*

### STAFF TRAINING & CONSULTATION

Our trainings provide a sustainable foundation of trauma-informed practices for the staff and participants within your facility. Your employees will walk away with tools and resources that allow you to promote a healthy environment within your organization.

- Juvenile Detention Centers
- Adolescent Residential Treatment Facilities
- Youth Shelters
- Mental Health Centers
- Substance Abuse Agencies
- Recovery Centers

### SPEAKING ENGAGEMENTS/CONFERENCES

Develop an awareness of what trauma is in order to build compassion for yourself and others. Our certified instructors offer evidence-based knowledge to promote sustained practices for a long term healthy lifestyle within your organization and more. These tools are for the employees as well as the participants within your facility.

- Trauma-Informed Yoga & Mindfulness Practices to Promote Student Resiliency
- Wellness Within the Workplace

