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“The skills, insights, and self-awareness learned through yoga and mindfulness practice can target multiple psychological, neural, physiological, and behavioral processes implicated in addiction and relapse.”

– Khanna and Greeson, “A Narrative Review of Yoga and Mindfulness as Complementary Therapies for Addiction.”

QUESTIONS?

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**HIGHER GROUND
RECOVERY & YOGA**

TRAUMA SENSITIVE YOGA

How is Trauma-Sensitive Yoga different from other yoga?

Our trauma-sensitive yoga classes focus on noticing present moment body sensations, without thinking about what they mean. Just experiencing them.

Our **trained and highly skilled team** of instructors facilitate classes that include:

- Slow progressions
- Inclusive language
- Integrating choices and options
- Careful selection of physical shapes and breathing techniques
- Supportive non-judgmental presence
- Safety through room set up and no hands on
- Invitational empowerment-based language
- Modeling movements
- Focus on sensations and breath

Classes Format

Discussion
Physical warmup
Breathing exercises
Yoga shapes, movements, stretches
Guided meditation

Higher Ground Recovery & Yoga provides on-site trauma-sensitive yoga and mindfulness-based classes, programs, and training to organizations, communities, and individuals that have been impacted by trauma and/or substance use disorder.



Complementing treatment, our programs are carefully designed to provide a supportive and welcoming group class that aligns with your treatment approach and goals.

This practice is proven to increase:

- Mental and Emotional wellbeing
- Self-awareness
- Focus and concentration
- Purpose, hope and compassion
- Self-esteem
- Resilience
- Restful sleep, relaxation and energy
- Sense of community

Complementary Health Approach

Yoga, meditation and mindfulness practices are recognized as a complementary health approach according to the National Center for Complementary and Integrative Health (NCCIH).

We embrace **SAMHSA's** six key principles of a **trauma-informed approach**:

1. Safety
2. Trustworthiness & Transparency
3. Peer Support
4. Collaboration and Mutuality
5. Empowerment, Voice, & Choice
6. Cultural, Historical, & Gender Issues

H I G H E R G R O U N D Y O G A A N D R E C O V E R Y