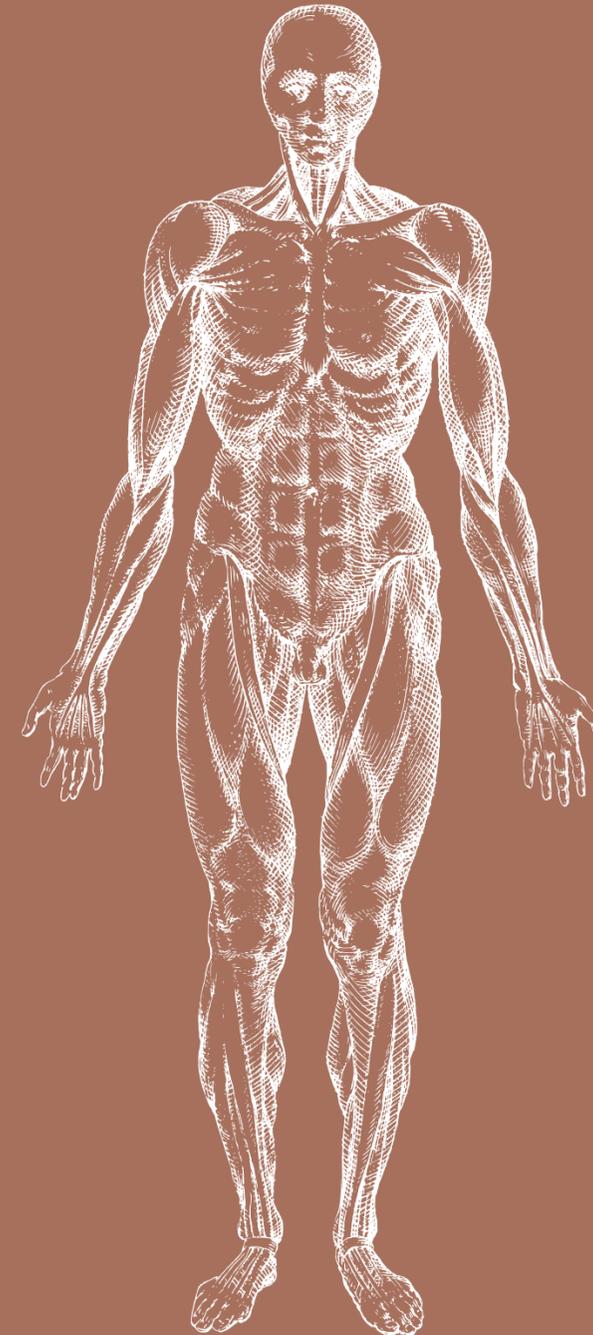


# In Yoga Collective

Trauma Informed Offerings for Kids and Adults

Amy Osborne, M.A., E-RYT



[amy@inyogacollective.com](mailto:amy@inyogacollective.com)



200 hour teacher training at North Port Yoga and Wellness, 2018.

In Yoga Collective is committed to applying an understanding of physiology and mind-body practices to promote self-regulation and resilience.

[www.inyogacollective.com](http://www.inyogacollective.com)

[https://www.yoursun.com/charlotte/news/trauma-based-yoga-helps-kids-adults-feel-safe/article\\_296d8df8-4471-11ea-9e21-7b8f78a14dd5.html](https://www.yoursun.com/charlotte/news/trauma-based-yoga-helps-kids-adults-feel-safe/article_296d8df8-4471-11ea-9e21-7b8f78a14dd5.html)

## Trauma-based yoga helps kids, adults feel safe

By ANNE EASKER Staff Writer

Jan 31, 2020



Amy Osborne taught a workshop on trauma informed mindfulness at the Charlotte Harbor Yacht Club Jan

SUN PHOTO BY ANNE EASKER

## What We Do

In Yoga Collective (IYC) provides trauma informed educational consulting and restorative health services to specialized populations – through a trauma informed lens.

In Yoga Collective hosts trainings, classes and workshops for educators, social workers, non-profits, government agencies, and community members to increase resilience and overall well-being through evidence-based interventions.

IYC's specialized workshops and trainings on the science and practice of mindfulness provide self-regulatory tools and techniques that can be easily applied by anyone, anywhere.



Healthy Families Florida Staff Training in Sarasota, FL, 2018.

## Service Offerings

- **Workshops / Regular Classes**

Two hour introduction to trauma informed mindfulness science and practice workshop for increased resilience and self-regulation. Virtual or in-person.

- **Training Courses**

Half day, full day or weekend immersion training programs introducing the science and practice of evidence-based interventions for kids or adults. Virtual or in-person.

- **Program Development**

Custom assessment of needs and recommended combination of services for sustained impact; minimum three month commitment. \*Includes optional 200 and 300 hour Yoga Teacher Trainings registered with national Yoga Alliance.

# Workshops

Create and expand your wellness community.

Virtual or in-person workshops and classes aim to introduce the science and practice of trauma informed yoga and mindfulness for kids and/or adults.

Designed to meet individuals where they are and grow together.

Includes an introductory discussion of the nervous system, polyvagal theory and neuroplasticity, as well as practice of evidence based interventions such as movement and breathwork.



Accessible Yoga Workshop at North Port Yoga and Wellness, 2017.

# Training Courses

Elevate staff and professional development opportunities.



Amy Osborne hosting Kid's Thrive Conference for Charlotte County social workers, January 2020.

## Professional Development Trainings

3 hour (half day)

6 hour (full day)

12 hour (weekend immersion)

Certificate of completion and YACEP credit available. Virtual or in-person.

## Registered Yoga Teacher (RYT) Trainings

200 hour RYT Introductory training

300 hour RYT Advanced training

Yoga Philosophy & Literature:

Patañjali's Yoga Sutras, Bhagavad Gita, Upanishads, Mahabharata

In Yoga Collective trainings and courses are accredited through the national Yoga Alliance as a Registered 200 and 300 hour Yoga School (RYS) and for Continuing Education (YACEP) credit.



Kid's Thrive Conference participants in group case study activity, January 2020.

## Example: Trauma Informed Interventions Training

Completed as one 6 hour session or as a three week, two hour course.

- Welcome and Introduction
  - Intro to Neurophysiology of Mindfulness
  - Intro to evidence based Yoga, meditation and mindfulness practices to build resilience
  - Q & A with discussion
  - Case Study Activity
  - Group Review of activity and course applications
  - Q & A with Trauma Informed methodology
  - Trauma Informed class incorporating techniques
- \*Practice seated in a chair or on a mat / blanket / towel

Participants receive a "Trauma Informed Toolkit" packet including research studies and free online resources.

Participants also receive a certificate of completion, upon request.

# Program Development

Customize a plan as unique as your community.

Includes a custom assessment of your needs and recommendations of services to optimize outcomes.

May include trauma informed yoga and mindfulness for kids and adults: classes, workshops, trainings, programs and/or events for your specific community.

Potential opportunity to include other modalities, by request (i.e. Chair Yoga, meditation, mindfulness, Reiki, sound healing, Qi Gong).



Custom wellness programming for Bloom Academy pre-school in Punta Gorda, FL, 2018.

# Past Clients

Century Regional Detention Facility, Los Angeles, CA (2014–2016) Weekly Classes, Program Development

Venice Family Clinic, Los Angeles, CA (2014–2015) Weekly Classes, Program Development

Coastal Behavioral Health Center, Port Charlotte, FL (2018–2019) Regular Classes

Charlotte Behavioral Health Care, Punta Gorda, FL (2016–2020) Weekly Classes, Staff Workshops/Trainings

Ministry of Justice UK with Made Purple, London, UK (2020) Program Development



"I learned how to better assess appropriate yoga techniques according to a client's presentation and need."

– ECHO LA "Yoga for Trauma Recovery" training participant (2020), Trainings held quarterly



"The Yoga Collective team were able to help us establish and grow a Wellness program...with our existing Neuroscience programs. Our programs and patients benefited with a new path to healthier living."

– Re3 Healing Neuro Clinic (2019); Program Development



"Thank you so much for this training! I definitely learned a lot that I am looking forward to using. I have had great feedback from everyone that attended and they are all wanting more."

– Sarasota County Schools Administrator and participant (2020); Classes, Workshops

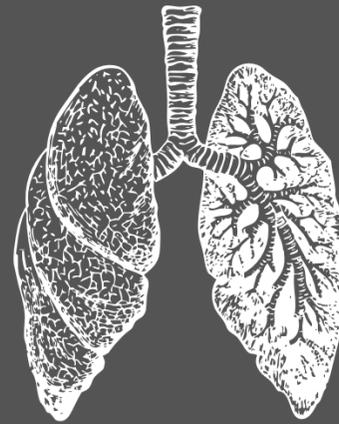
# In the News



## Headspace Blog Contributor

Headspace: "Can you actually seek out peace of mind?" (2016)

Headspace: "Why we should teach meditation in prison" (2016)

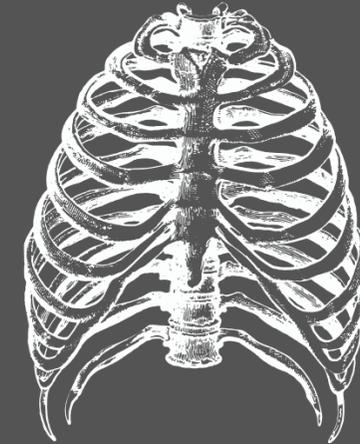


## Local Newspaper

"Interest in Yoga growing in North Port" (2019)

"Trauma-based yoga helps kids, adults feel safe" (2019)

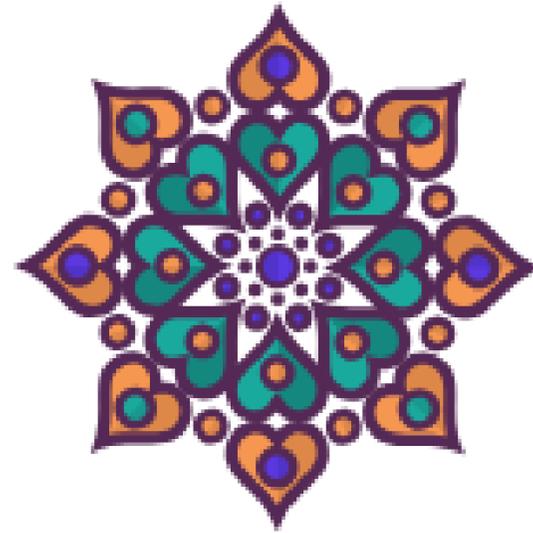
Elephant Journal: "Following Ferguson—The Yogi's Role in Social Justice" (2014)



## Published Research

Journal of International Women's Studies: Costa Rica and the "Electric Fence" Mentality: Stunting Women's Socio-economic Participation in the 21st Century (2011)

A Year in Yoga, Science and Practice of Trauma Informed Mindfulness (2016), available on Amazon



# In Yoga Collective

TRAUMA CONSCIOUS COMMUNITY

For inquiries: [amy@inyogacollective.com](mailto:amy@inyogacollective.com)