



Thank you for your service!

In both trauma and stress, the body keeps score; the brain rewires itself around the traumatic event and memories get stored in the tissues throughout the whole body. **Yoga can help to free those memories, alleviating troubling emotions, perseverating thought patterns as well as chronic somatic tension and hyper vigilance.**

“Cultivating sensory awareness is a critical aspect of trauma recovery. In yoga you focus your attention on your breathing and on your sensations moment to moment. You begin to notice the connection between your emotions and your body. You begin to experiment with changing the way you feel. Will taking a deep breath relieve that tension in your shoulder? Once you start approaching your body with curiosity rather than fear, everything shifts.”~Bessel Van Der Kolk, M.D.

Trauma-sensitive yoga to heal a warrior’s body, mind and spirit.

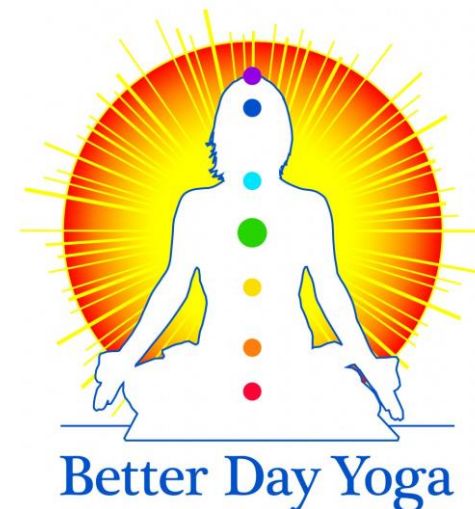
If you are interested in a trauma-informed yoga class in the Twin Cities area, please contact:

Sandy Krzyzanowski
Better Day Yoga, LLC.
Sandyk@betterdayyoga.com
612 708 6900
www.betterdayyoga.com
<http://www.facebook.com/betterdayyoga>

Classes available:

- Private Residence Group Class
- On-site Corporate Class
- Private Consultations/Therapeutic Yoga

Reference used: Streeter CC et al. Effects of yoga on the autonomic nervous system, gamma-aminobutyric-acid, and allostasis in epilepsy, depression, and post-traumatic stress disorder. Med Hypotheses (2012), doi: 10.1016/j.mehy.2012.01.021



Make it a better day!

Better Day Yoga offers **trauma-informed Hatha Yoga** in the Vinyasa style as well as Meditation/Breathwork classes for focus, clarity, stress-relief and mindfulness.

Why trauma-informed yoga?

- Potentially 25% of students in any yoga class have trauma in their history. (Source: CDC.gov)
- “A common denominator of all traumas is an alienation and disconnection from the body and a reduced capacity to be present in the here and now.”
~ Peter Levine, PhD
- Yoga is a somatic treatment that helps reset the nervous system and helps trauma sufferers **reconnect with their bodies and regain a sense of control.**

How is trauma-informed yoga different?

Yoga can reduce cortisol levels, calming the fight or flight response while also increasing the relaxation response.

The autonomic nervous system (ANS), also known as the involuntary nervous system, regulates heart rate, digestion, and respiratory rate, among other functions. The ANS plays a central role in the response to stress. The ANS has two branches, the sympathetic nervous system (SNS), also known as the “fight or-flight” system, and the parasympathetic nervous system (PNS), also known as the “rest and digest” system. When the PNS dominates, healing and regeneration occur. Yoga activates the PNS via breathing practices, meditation, and imagery. Emotional states affect respiratory rate, depth and pattern. The breath, in particular, affects how the brain perceives, interprets, and responds to stress or threat. **Yogic breathing practices promote stress resilience.**

Neuroplasticity shows how yoga creates a neurological/chemical resiliency so that people can tolerate memories—**Yoga literally changes how we think, what we do and what we say!**

- The classes use **transformational language encouraging the release of judgement, expectations, and competition.** This invites people back into their bodies, not forcefully or demanding because only they can know when and where to feel more in the pose. If pushed too far, too fast, we can actually trigger the fight or flight mode.
- **Slower mindful movement** to awaken the emotional or limbic center of the mind combined with **creating a safe space** for the trauma survivor to heal.
- **Soothing/parasympathetic nervous system activating types of breathing practices** to stimulate the vagus nerve. The vagus nerve stretches from the brainstem all the way into the belly, carrying incoming information from the nervous system to the brain. Literally the mind-body connection, it’s the cabling behind your “gut instincts”, governing things like the heart rate, digestion, sweating and skeletal muscles.
- Physical focus on the psoas (the fight or flight muscle) and **grounding postures to help release the allostatic load (wear and tear) of traumas** stored in the body.
- **Meditation and imagery** are also used to balance the mind and body, creating a buffer of positive emotions.



“Prayer hands” / Anjali Mudra ~ an excellent way to induce a meditative state of awareness.

I’ve practiced Yoga for over 20 years and taught since 2008 in studio, home, corporate, and high school settings:

- Experienced Registered Yoga Teacher (E-RYT 200, RYT 500),
- Certified Yoga Therapist (C-IAYT)
- 140-hour YogaFit® Warriors Program (designed to address the stressors and traumas unique to our military community)
- Mind Body Solutions Opening Yoga Levels I & II (Matthew Sanford’s adaptive yoga training)
- Indu Arora’s Yoga Nidra teacher training Levels I & II
- Yogahealer’s Living Ayurveda
- A.C.E. certified personal trainer
- Heartsaver® AED through the American Heart Association
- Healthy Eating & Weight Loss Coach
- Reiki Practitioner
- **Fully Insured**
- Professional memberships include IDEA Health & Fitness Assoc., International Assoc. of Yoga Therapists, Yoga Alliance, and Reiki Healing Association

