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Overcoming Trauma Through Yoga: Reclaiming Your Body ...

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.

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“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.

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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.

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My journey to overcome childhood sexual trauma began when my youngest child

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was two, the same age I was when my mother abandoned me and the abuse started. ... I spent days on a yoga mat screaming ...

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