

T.R.Y.

Our Mission

T.R.Y. Trauma Recovery Yoga's mission is to "help people, help people." We are committed to facilitating emotional intelligence and resiliency around the globe by training individuals in the TRY method of yoga-science and connecting them to the spaces where they are most needed.

Our Vision

According to Samhsa-HRSA Center for Integrated Health Solutions; In the United States, 61 percent of men and 51 percent of women report exposure to at least one lifetime traumatic event, and 90 percent of clients in public behavioral health care settings have experienced trauma. If trauma goes unaddressed, people with mental illnesses and addictions will have poor physical health outcomes and ignoring trauma can hinder recovery. To ensure the best possible health outcomes, all care – in all health settings – must address trauma in a safe and sensitive way.. The science of the mind shows us trauma has a **physiological and psychological effect** on our brains which can disrupt our resilience and fortitude. Although mental illness may be a diagnosis, we at T.R.Y. believe it doesn't have to be a prognosis!

When trauma occurs it travels through our bodies with a physical sensation(s), moves through our most primitive brain functions (emotions) and finally reaches our advance brain functions of reason and logic. T.R.Y.'s objective is to help individuals recognize, acknowledge, and process these physical aspects of trauma in a safe, predictable and empowering environment. The TRY method is a science base somatic therapy, comprised of techniques that help those suffering from insomnia, anxiety, panic attacks, suicidal thoughts, shallow breath, social anxiety, hypervigilance, involuntary thoughts, flashbacks and other effects of trauma being held in the body. These techniques are delivered in a yoga flow, that helps to rebalance the parasympathetic and sympathetic nervous system bringing about an overall feeling of wellbeing.



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Our Plan

We accomplish our mission by providing classes to the public, first responders, veterans, women in recovery, and after-school programs. In expanding our global impact, we train people to bring the TRY method to their own communities.

- **TRY 20 CEU Workshop**-We facilitate training to certify yoga teachers in a specifically designed non-threatening posture sequence that is applicable to a wide audience of helpers such as care givers at home and professionals, psychotherapist, health care workers, drug recovery workers, school teachers, and those seeking to heal themselves. Trainees will walk away with new tools in breath, self-regulation, visualization, and the knowledge of the science behind those tools.
- **TRY 6 CEU Workshop**- We provide trainings for educators and mental healthcare professional who aim to incorporate the TRY method in their classrooms, for their patients, and for their teams.
- **TRY After School and Summer Programs**- We teach the TRY method at a growing number of schools throughout the U.S. These classes emphasize experiencing the present moment, exercising choice, taking effective action, and creating internal rhythms which are key themes in developing self esteem and emotional intelligence.
- **TRY method is delivered locally and global** - To people in recovery, transitional housing, domestic violence shelters, VA hospitals, mental health facilities, military bases, traumatic brain rehabilitation programs, refugee groups, special needs programs, HIV support groups, hospital and mental health professionals and to first responders. To bring peace of mind.



T.R.Y. Training

The T.R.Y. method provides all level "do no harm" yoga-based trainings which have been developed to help individuals and organizations understand, develop and utilize the specific tools which will help to relieve the effects of stress, anxiety and trauma. Our trainings are built from a foundation of four essential themes: experiencing the present moment (presence), exercising choice (empowerment), taking effective action (resilience), and creating internal rhythms and positive affirmations (mindfulness)

The Full T.R.Y. workshop (20hrs): Our Full T.R.Y. Workshop is open to all caregivers, be it at home, professionally, or for oneself. Offering techniques for both on and off the mat. Trainees will walk away with new tools and the knowledge of the science behind those tools. Only 3 of the 20-hour training are spent moving on our mats and those are optional and may be spent in observation.

- T.R.Y. posture sequence
- Self-regulation
- A.C.E. 's and Resilience
- Meditation
- Psychology of trauma
- Breathwork for trauma & resilience
- Self-care for compassion fatigue
- How to work with diverse groups of people
- Spectrum of mobility variations
- Appropriate verbiage in class
- Appropriate touch in class
- Personality dynamics
- Self-accountability
- Setting up healthy boundaries

These hours may apply to CEU's for Yoga Alliance yoga instructors

Mindful Movements T.R.Y. workshop (6hrs): Our Mindful Movements T.R.Y. workshop is designed for individuals and teams working within our community. This workshop will provide an understanding of childhood trauma and how it is both carried and expressed: physically, mentally, and emotionally.

Subjects covered

- Childhood trauma and adversity, A.C.E.'s and Resilience
- Meditation for stress relief and resilience
- Breathwork for trauma and resilience
- Self-care for compassion fatigue
- 15 minute and 90 second Mindful Moments

A portion of these hours may apply to CEU's for educators and health care professionals

Individual T.R.Y. workshops (3-4hrs): These workshops can be cumulative to achieve a 20 hour T.R.Y. certification or taken individually for professional or self-growth.

I: Spectrum of mobility variations for chair/bed/prone- 4 hour

II: T.R.Y. for at-risk youth- 4 hour

III: Psychology of trauma, self-regulation & compassion fatigue- 4 hours

IV: Breath, Meditation and Mantra- 3 hours

V: T.R.Y. method and posture sequence- 4 hours (must complete I-IV)

A portion of these hours may apply to CEU's for educators and health care professionals

Modular T.R.Y. workshops (1-3hrs): Our T.R.Y. training modules provide a diverse selection of subject choices designed to be pertinent to your organizations diverse needs. These workshops include multiple subjects which can group together or individually.

Subjects available

- Self-regulation- 1 hour
- Adverse Childhood Experience (A.C.E.) and Resilience- 1 hour
- Meditation for stress relief- 1 hour
- Psychology of trauma- 3 hour
- Breathwork for trauma and resilience- 1 hour
- Self-care for compassion fatigue- 1 hour



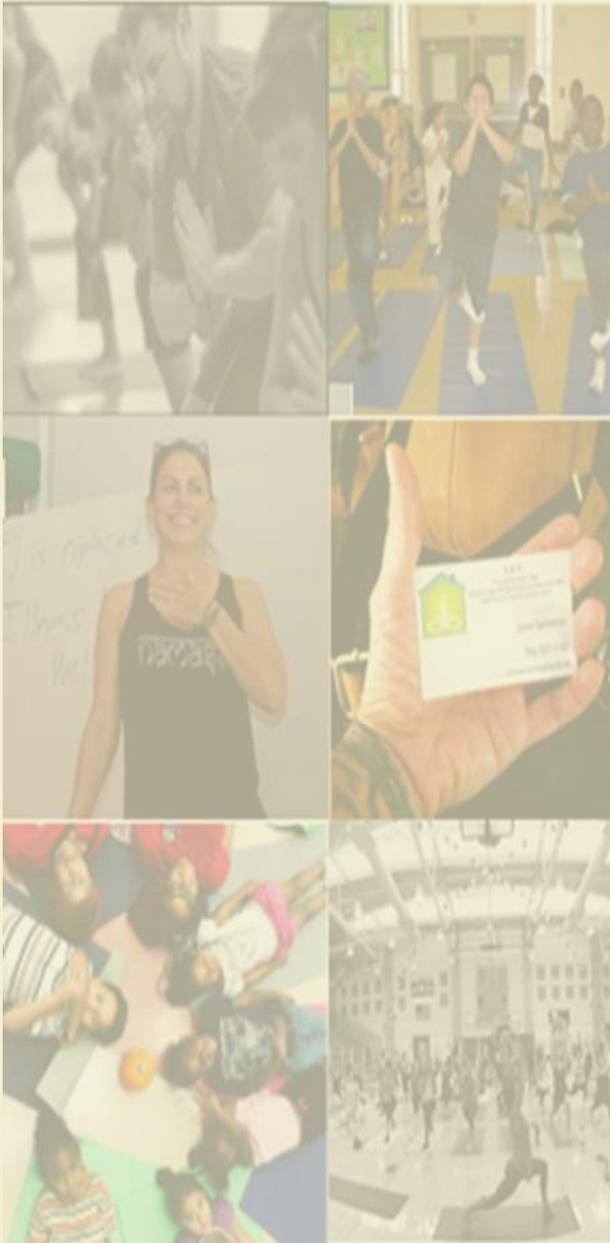
T.R.Y. provides training throughout the world. Our current list of graduates range from as far east as Germany, as far North as Canada and as far west as Hawaii. If you are looking to book a training(s) at your location or in your city please check out our website at www.traumarecoveryyoga.org

Or contact us at traumarecoveryyoga@gmail.com



T.R.Y. Classes

The T.R.Y. method is an all levels "do no harm" yoga-based practice which emphasizes four key themes during the practice including: experiencing the present moment (presence), exercising choice (empowerment), taking effective action (resilience), and creating internal rhythms and positive affirmations (mindfulness). The T.R.Y. method emphasizes an individual's choice to experience yoga at their pace and comfort level (even if that means sitting still and breathing with the group and nothing more)



TRY does our best to work on a sliding scale and provide what we can within an organization or individuals budget. So that is to say we work backwards, you tell us what your budget is for a program like ours and what you are hoping to receive, and we tell you, who what where and when we can service your needs. Here are the basics of what a TRY contract could include:

- Teachers are trained and experienced in working with sensitive population post trauma or living in crisis.
- All of our teachers have a minimum of 200RYT and 20TRY certifications
- Teachers are all vetted with background checks and independent contractors liability insurance.
- Teachers are trained in strict protocol for working with vulnerable populations.
- Classes are all levels, we deliver yoga, meditation, mindfulness and self regulation to groups that range from bed ridden to fully active.
- Classes can be customized for time and needs. 30 minute, 45 minute, or 1 hour yoga classes and 15 minute mindfulness and self regulation can be offered in chairs or on mats simultaneously.
- TRY manages scheduling and changes to schedules, teacher assignments, quality control, tracks attendance, substitutes, and handles payroll
- TRY provides yoga mats and other materials if needed and approved
- TRY is a science based somatic therapy with no

Currently teaching in drug rehabs, transitional housing, Clark County coroners office, dept of family services, 10 title 1 schools, UNLV school of medicine, Trauma recovery center, The VA hospital, TBI rehab center, and more, See more details about where we teach and who we are www.traumarecoveryyoga.org and watch our "why" video here. <https://www.youtube.com/watch?v=DBIkR4yB2PQ&t=14s>





Support of general operations and sustainability of our programs	Sponsor an individual to take a six hour CEU workshop	Sponsor an individual to take a 20 hour CEU training	Sponsor 30 yoga mats	Sponsor Yoga Classes (2 per week) for up to 12 months	Sponsor a six hour CEU workshop for up to 26 people	Sponsor a 20 hour Trauma Recovery Yoga training for up to 17 people
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help people,
help people

Sponsor's benefits

\$10000+	Caring Culture Sponsor: Providing lifelong skills to professionals or caregivers and those they assist.	✓	✓	✓	✓	✓	✓	Thirty minute T.R.Y. class provided at location of sponsor's choice, Business name and recognition on Trauma Recovery Yoga social media platforms Logo placement and hyperlink on Trauma Recovery Yoga website
\$6,500	Seeds-of-Change Sponsor: Sponsor an inspired caregiver to share peace and mindfulness.	✓	✓	✓	✓	✓		Thirty minute T.R.Y. class provided at location of sponsor's choice, Business name and recognition on Trauma Recovery Yoga social media platforms Logo placement and hyperlink on Trauma Recovery Yoga website
\$4,000	Sustainability Sponsor: Improve our communities culture through mindfulness and self-regulation.	✓	✓	✓	✓			Thirty minute T.R.Y. class provided at location of sponsor's choice, Business name and recognition on Trauma Recovery Yoga social media platforms Logo placement and hyperlink on Trauma Recovery Yoga website
\$3,500	Transformation Sponsor: Transform suffering with life-long tools in yoga and meditation.	✓	✓	✓	✓			Thirty minute T.R.Y. class provided at location of sponsor's choice, Business name and recognition on Trauma Recovery Yoga social media platforms Logo placement and hyperlink on Trauma Recovery Yoga website
\$500	Resilience Sponsor: Changing lives in our community with yoga and mindfulness.	✓	✓	✓				Thirty minute T.R.Y. class provided at location of sponsors choice
\$250	Legacy Sponsor: Changing lives of at-risk populations who have no budget for our services. Placing tools in the hands of the helpers.	✓	✓					
\$	General Operation Support: Help us turn loss into blessing and pain into power.	✓						

TRAUMA RECOVERY YOGA