



Embodied Healing: Using Yoga to Recover from Trauma and Extreme Stress

Lisa Danylchuk

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What does twisting your body into poses named after animals have to do with trauma recovery? Everything. If you've ever wondered how yoga can inform trauma recovery and help us cope with extreme stress, this book is for you.

Author Lisa Danylchuk has taught yoga as a healing modality in schools, prisons, recovery centers, and to traumatized populations abroad in Kenya, Haiti, and Tibet. In *Embodied Healing: Using Yoga to Recover from Trauma and Extreme Stress*, she shares the foundation of her approach and offers simple ways to understand and apply the theoretical bridges between the fields of yoga and psychotherapy. She outlines core elements of trauma treatment, yoga philosophy, and effective healing approaches.

- Learn how trauma theory and yoga philosophy interconnect.
- Find out the healing foundations of yoga that are so easily hidden by our culture's fixation on the external form.
- Discover the role of the nervous system and how to cultivate balance through yoga.
- Tap into sound advice on how to structure a trauma-informed yoga class.
- Get insider tips on keeping yourself healthy as you do healing work!

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Spent a free time to be fun activity to complete! A lot of people spent their free time with their family, or their particular friends. Usually they accomplishing activity like watching television, gonna beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Could possibly be reading a book is usually option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the book untitled Embodied Healing: Using Yoga to Recover from Trauma and Extreme Stress can be very good book to read. May be it may be best activity to you.

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