

# Teaching Yoga to At-Risk Youth & Adults

**JULY 8-10, 2011**

Friday 6:30-9:00pm

Saturday 12:30-8:00pm

Sunday 10:00-6:00pm

**PRICE**

\$395 by 6/17\*

\$450 after\*

\*Plus an additional \$40 materials fee to be paid to Hala at the start of training

**LOCATION**

Union Square

**REGISTER**

212.647.9642

with

**HALA  
KHOURI**



**Are you drawn to sharing the gifts of yoga at community centers, low income neighborhoods and schools, juvenile halls and hospitals, wanting to work with those who are disadvantaged, marginalized or suffering....?**

This training provides you with the skills and tools to work with those considered "at-risk" due to poverty, violence, abuse, accidents or neglect. You'll gain understanding and confidence in addressing the challenges that can arise in these settings and learn how to optimize the yoga you offer. The focus of this training is on understanding the physiology of trauma and how it shows up in the body. The majority of people considered "at-risk" have had significant trauma in their lives. Hala will share important tools from Somatic Experiencing, a technique that helps to resolve the symptoms of trauma such as dissociation, anxiety, chronic dysregulation, depression and addiction. You will learn how to incorporate these tools into a yoga class. This 18 hour training is for anyone with a yoga teacher training certification or who works with at risk youth and wants tools. You do not need to be a yoga teacher to do this training! This training is part of Yoga Ed.

\*Scholarships available on a limited basis email [hala@halakhouri.com](mailto:hala@halakhouri.com) to inquire. For more info and to view full teacher bio, visit [yogaworks.com](http://yogaworks.com).

**Hala Khouri** M.A., E-RYT, has been teaching the movement arts for almost 20 years. Her roots are in Ashtanga and Iyengar yoga, dance, Somatic Psychology, and the juicy mystery of Life itself. Creative movement and honest self-exploration has always been a source of tremendous healing for Hala, and her calling to pass this on to others has been clear to her since she began teaching at the age of 16. She is also a Somatic Experiencing Practitioner and focuses on trauma's impact on the body-mind and ways to resolve it. Hala is one of the creators of Off the Mat, Into the World, a yoga and activism initiative that aims to get yogis to take their practice outside of the yoga studio and to touch the lives of others.



**CONTINUING  
EDUCATION**

