

Online Resource 5.2 • Trauma-Informed Yoga Resources

- What Is Trauma-Informed Yoga?
<https://www.eomega.org/article/what-is-trauma-informed-yoga>
(Omega Institute for Holistic Studies, 2017)

- Trauma-Informed Yoga: What Beginners Should Know
<https://insighttimer.com/blog/trauma-informed-yoga-what-beginners-should-know/>
(Kirk Chang, 2020)

- Here's How We're Using Our Experience of Trauma to Help Others
<https://www.yogajournal.com/practice/8-yoga-poses-to-help-heal-trauma/>
(Piper & Geeves, 2019)

Retrieved from the companion website for *Cultivating Happiness, Resilience, and Well-Being Through Meditation, Mindfulness, and Movement: A Guide for Educators* by Christine Mason, Jeffrey Donald, Krishna Kaur Khalsa, Michele M. Rivers Murphy, and Valerie Brown. Thousand Oaks, CA: Corwin, www.corwin.com. Copyright © 2022 by Corwin Press, Inc. All rights reserved. Reproduction authorized for educational use by educators, local school sites, and/or noncommercial or nonprofit entities that have purchased the book.