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Overcoming Trauma Through Yoga: Reclaiming Your Body ... This allows trauma survivors to cultivate a more positive relationship to their body through gentle breath, mindfulness, and movement practices. Overcoming Trauma through Yoga is a book for survivors, clinicians, and yoga instructors who are interested in mind/body healing.

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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. Overcoming Trauma Through Yoga: Reclaiming Your Body ...

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