



# Reclaiming Your Body

## Yoga and Trauma

with

Deborah Kelly, CYT, MFT

Presented by

YOGA CENTER OF CARMEL

Sunday, September 25, 2011, 1:30pm - 4:00pm

Early registration \$35, or \$40 at the door

Trauma has touched most of our lives in one way or another. Sometimes it is acute, sometimes chronic, and sometimes simply the unacknowledged accumulation of daily stresses and losses. The resulting symptoms lodge in the body and can be debilitating. Yogis learned over hundreds of years to reach in and turn off the switches that control fear, anxiety and aversion

Based on cutting-edge research which shows the effectiveness of yoga in reducing the symptoms of trauma, one of the leading treatment centers in the United States has developed a trauma-sensitive yoga program.

Deborah, psychotherapist and yoga teacher, has returned from Haiti where she led trauma reduction workshops utilizing these research-based adaptations of yoga as well as several other body-based techniques. *In this workshop you will have a chance to learn about and experience these gentle but powerful ways of releasing the body from the prison of trauma.*

*This class is appropriate yoga teachers, clinicians and yoga practitioners at all levels.  
Attendance is limited in order to reduce overcrowding.*

*If you are working with a therapist, please decide together whether this workshop would be right for you. Please feel free to call Deborah at (831) 277-0389 with any questions or requests for special adaptations, such as use of a chair.*

**To register: Call the Yoga Center of Carmel at (831) 624-4949 or email them at [contact@yogacentercarmel.com](mailto:contact@yogacentercarmel.com)**

Deborah Kelly, CYT, MFT. As a psychotherapist, hospice worker, passionate tango dancer and avid yoga practitioner for two decades, Deborah teaches with warmth and humor. She is committed to fostering inner strength and outer gentleness for a healing, yet challenging, class. For the past 10 years she has been teaching not only general yoga classes, but adapted classes for recovery from addiction, trauma and other body-mind imbalances. In her private practice in Monterey she integrates yoga-based and other somatic modalities into her psychotherapeutic work with clients, melding eastern wisdom with western psychology.