



YOGA AND MEDITATION TECHNIQUES FOR TRAUMA & *Chronic Stress*

with ANNIE OKERLIN

October 12-14, 2018 • Garden Club of St. Petersburg

FRIDAY, OCTOBER 12

6:00 PM - 8:30 PM

Understanding Trauma & Discomfort

SATURDAY, OCTOBER 13

9:00 AM - 12:00 PM

How Yoga Works with PTSD and Prolonged Chronic Stress

Stillness Practices for Trauma: Various Meditation and Pranayama

2:00 PM - 5:30 PM

Adaptive Yoga for Physical Pain and Traumatic Injury

SUNDAY, OCTOBER 14

9:00 AM - 12:00 PM

Yoga in a Facility Setting (Hospital/In-Patient Unit/VA/Military Hospital/Yoga Studio differences)

2:00 PM - 5:00 PM

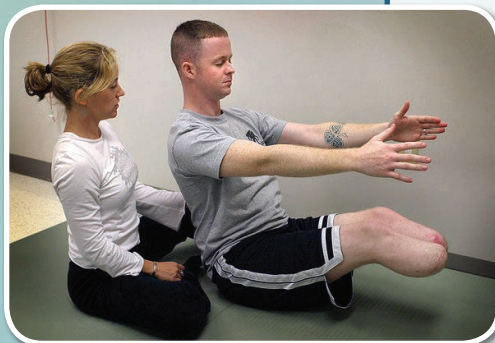
Cultivating & Deepening Personal Practice

DURING THIS 15 HOUR COURSE, LEARN TO:

- Support your students with any type of trauma and chronic stress.
- Create a secure space for your students to experience themselves in a gentle and supportive manner.
- Deepen your sensitivity to your students needs.
- Understand the way the body and mind hold their experiences.
- Do your own work to be able to care for others.
- Cultivate a self-care practice to better support your students.
- Safely adapt yoga postures for any injury.
- Teach grounding meditation for anyone with trauma.

We will use iRest Yoga Nidra techniques throughout the weekend for our own self care and to develop an expanding tool bag to draw from to support our clients.

ANNIE
Okerlin
C-IAYT



Annie has been a yoga teacher since deciding to deepen her practice in 1999 by becoming a certified Bikram Yoga Instructor. Within three weeks she knew teaching yoga was her passion in life and Yogani Studios, Tampa became the home for it for 18 years. In 2001 she did a 200 hour teacher training with Shiva Rea. Annie's energy and compassion have led her to working with everyone

from professional athletes, home makers and those of different abilities.

In 2005 Annie began a new path of working with wounded warriors. This path became official with the birth of Exalted Warrior Foundation in 2008 with Annie continuing to teach to all the wounded populations throughout military and Veterans hospitals. Annie designed the program to support the seen and unseen wounded

populations; including amputees, burn victims, and those with orthopedic poly-trauma, traumatic brain and spinal-cord injuries, PTSD, depression, and moral injury. Annie and EWF support nationwide programs assisting the re-integration of service members and the the wounded back into civilian life.

As one of the nation's leading experts on Adaptive Yoga, Annie teaches nationally and internationally with Warriors at Ease and has co-authored the Yoga Service Council's book Best Practices for Yoga for Veterans. Annie is a Human Performance expert for O2x presenting yoga, sleep, resiliency & iRest Yoga Nidra to tactical athletes & first responders nationwide. In addition to her extensive yoga training and experience, Annie is an iRest® Yoga Nidra instructor.

www.exaltedwarrior.com



REGISTRATION: See reverse side or visit www.floridayogateachers.org

There will be no partial attendance for this workshop as each session builds on the previous sessions.



FLORIDA
YOGA TEACHERS
ASSOCIATION

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PAYMENTS & REGISTRATION

Workshop Registration: \$290

FYTA Members Registration: \$275

No partial/session registration is available for this workshop as each session builds on previous sessions.

FYTA Members may send a \$50 non-refundable deposit to hold your space for the entire weekend. Balance due October 1, 2018.

Mail Payments & Registration To:

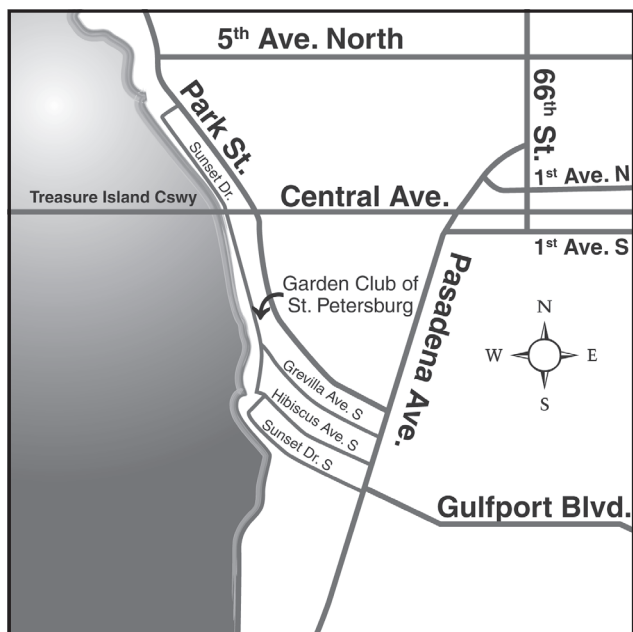
Susan Wasserman
7015 Grevilla Ave. South
South Pasadena, FL 33707

Call Susan at
(727) 347-7354
with any questions

Or, pay online at www.floridayogateachers.org

Garden Club of St. Petersburg

500 Sunset Drive South
St. Petersburg, FL 33707



ACCOMMODATIONS

For out of town guests (and locals who want a nice weekend away), FYTA recommends the lovely, newly renovated **Crystal Bay Hotel**, which is only a few blocks away from the Garden Club. They have offered our workshop participants a special rate for the weekend of the workshop.

Go to www.crystalbayhotel.com for more information, and mention FYTA when you make your reservation.

TRAUMA & Chronic Stress with ANNIE OKERLIN FYTA REGISTRATION FORM

Name _____

Street Address _____

City _____

State _____

Zip Code _____

Phone Number _____

E-Mail Address _____

I am signing up for:

Regular Registration

FYTA Member Registration

Enclosed is a check payable to FYTA in the amount of

\$ _____