



Trauma Sensitive Yoga For Men

PROGRAM

Although Trauma Center Trauma Sensitive Yoga (TCTSY) employs physical forms and movements, the emphasis is not on the external expression or appearance (i.e. doing it “right”), or receiving the approval of an external authority. Rather, the focus is on the internal experience of the participant. This shift in orientation, from the external to the internal, is a key attribute of TCTSY as a complementary treatment for complex trauma, and has been empirically validated. With this approach, the power resides within the individual, not the TCTSY facilitator. Further, by focusing on the felt sense of the body to inform choice-making, TCTSY enables participants to restore their connection of mind and body and cultivate a sense of agency that is compromised as a result of trauma.

This class is for individuals whom identify as male, ages 13 and up.

DATES/COST

Every Monday beginning November 13th, 2017 (classes will not be held December 25, 2017 through January 22, 2018). Classes will begin again January 29, 2018 and end on March 26, 2018.

\$15 per session. Please come a few minutes early to sign in and pay by cash, check or credit card. If you have special circumstances regarding finances, please talk with the Center’s yoga coordinator, Kathe Irvine or your counselor at the Center.

TIME

4:30-5:15 pm

LOCATION

Des Moines Pastoral Counseling Center / 8553 Urbandale Avenue, Urbandale, Iowa

BASICS

Please arrive about 10 minutes early to get yourself organized. Wear clothing appropriate for physical activity (sweatpants, t-shirt or whatever is comfortable). Please bring a yoga mat or towel. Blankets and items used in other yoga classes are welcome.

Class size is limited to 10 people.

You can learn more about this class at dmpcc.org/yogaformen.

FACILITATOR

Eric Daishin McCabe is a Soto Zen Buddhist priest, offers trainings in mindfulness meditation, and is an adjunct teacher of World Religions at DMACC. Eric did his 15-year apprenticeship at Mount Equity Zendo in central Pennsylvania. During this time, he trained at several Soto Zen Monasteries in Japan as well as in France with Thich Nhat Hanh. He was given transmission and permission to teach Zen by Dai-En Bennage in 2009, and is recognized by the Soto Zen school in Japan as an International Teacher of Zen. While in training he began offering meditation and Yoga at an addiction treatment center. This led to his subsequent study of and certification in Trauma Center Trauma Sensitive Yoga.



CONTACT

For more information on scholarships, contact Kathe Irvine at kivine@dmpcc.org or 515-274-4006 ext. 167. For more information about the class, please contact Eric at daishin@zenfields.org or 515-520-3113.