



SELF-SOOTHING
YOGA TECHNIQUES



★
YOUR
INSPIRATION
GUIDE

VARIATIONS OF A HUG

Trauma-informed yoga for children

CREATED BY MAYA LINDVALL
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TRAUMA-INFORMED YOGA

Yoga is a mind-body practice consisting of movement, breath and mindfulness.

Trauma-informed yoga is based on neuroscience research, where the focus is nervous system regulation and releasing physical, mental and emotional tension.

The teacher puts extra effort into making the sessions feel like a safe space for the children, allowing them to experiment and observe their movements, thoughts and feelings.

Trauma-informed yoga is:

- Explorative
- Inclusive
- Accepting

As traumatic events can be defined as when something happens to a person where the person's power is taken away from them, being more aware and feeling more in control of one's body, emotions and thoughts can be healing.





THE POWER OF TOUCH & YOGA

Research proves how important hugs and affectionate touch are for us. When we hug, areas of the brain that are involved in our “fight or flight” are deactivated and fewer stress hormones are released. Serotonin and dopamine levels are increased, which are neurotransmitters associated with mood and wellbeing.

What to do when hugs with another person aren't available or don't feel comfortable? Hug yourself! Studies show that self-soothing techniques like hugging yourself can lower stress and make you feel a sense of comfort.

Exploring self-soothing techniques like touch, movement and breath can be done through yoga. In this inspiration guide, you will see how children can through different positions explore hugs and binds (clasping hands together) in a playful and mindful way.

Let's begin...



INHALE

With the hands on the body, the child can easier feel, **embrace** and connect with the breath. Inhale deeply and exhale slowly.

The breath is the door, the portal, to the nervous system. These two breathing techniques promote relaxation and focus.



EXHALE



Through ***hugging*** the knee or clasping the hands, the child can experiment with balance. It's not about landing in the perfect position and staying there, but to play and try out how it feels.

BALANCE





Binding the arms and hands can be incorporated in many positions and it can help to deepen the position and sensation.



STRENGTH STRETCH





PLAY



Playful variations of ***hugging*** the legs!

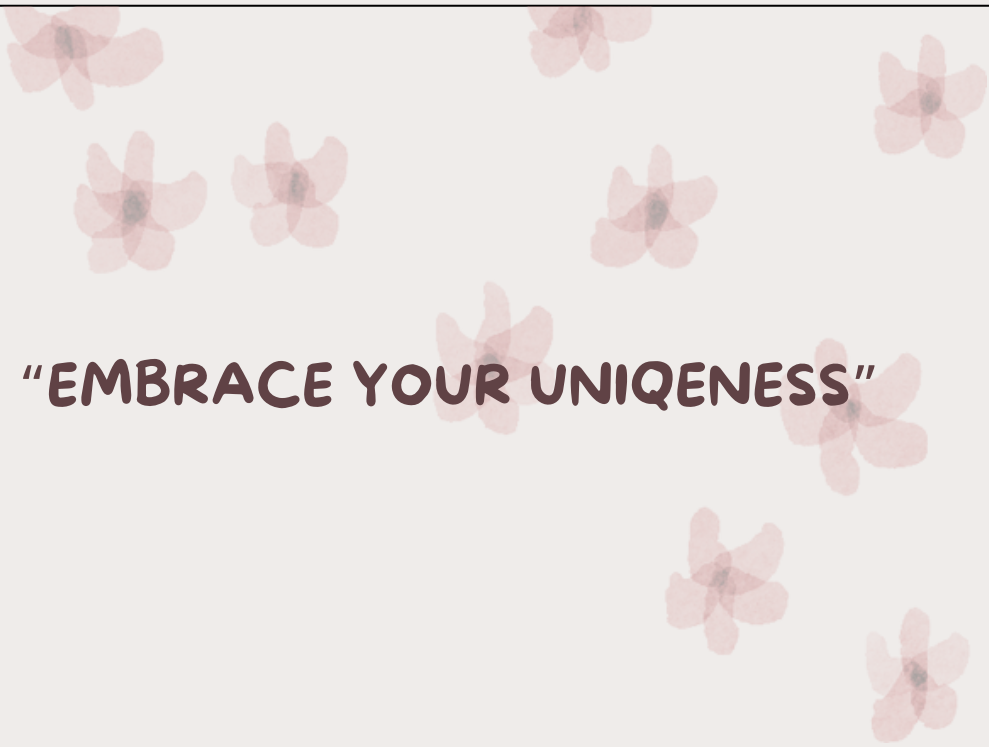


RELAX



Positions like these are very grounding and can give the child a sense of **comfort** and safety.





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YOGAYOU.SKOVDE@GMAIL.COM
INSTAGRAM: YOGAYOU.SWE

PHOTOGRAPHER: MARTIN REIVALL



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