



POST TRAUMATIC STRESS DISORDER

yoga & ptsd

PTSD is a severe and ongoing physiological response to any type of trauma.

The stressor may involve someone's actual death, a threat to the patient's or someone else's life, serious physical injury, an unwanted sexual act, or other threats to physical or psychological integrity.

Yoga is one of the best tools for reducing stress. Once stress is reduced, the body can heal much better and faster. This is why yoga is so beneficial and healing on many levels.

To be diagnosed with PTSD, please see a mental health professional.

RESEARCH STUDY

Yoga has been found to be very beneficial for many with PTSD. We are currently recruiting female participants for a study of yoga's benefits for those with PTSD. This study will include an initial consultation with a yoga therapist, an eight-week yoga course (one-hour class/week) and a survey to be taken three times during the 8-week period. Contact with a psychotherapist during the study is highly encouraged.

With this study we hope to help many individuals with PTSD while documenting yoga's effects along the way.

Participants in the study will learn simple, effective ways to reduce stress

through gentle breathing and movement exercises, along with guided relaxation.

Participants will have an initial interview with the yoga teacher to discover physical ailments which make it necessary to modify certain poses (for example knee issues which make certain poses uncomfortable.)

Each week consists of a group class of approximately 45 to 60 minutes preceded or followed by the completion of a survey to monitor the participant's stress levels (the survey is done three times during the study).

This study is for all levels of students especially those who have never done yoga and may have reservations about their ability to do yoga.

JJ Gormley is the yoga therapist overseeing the study and the main teacher for this class. JJ has been a Yoga Therapist since 1994 and a yoga teacher for over 20 years. JJ continues to study yoga under the guidance of her teacher, Kausthub Desikachar. Please see JJ's websites for more information about her:

www.SuryaChandraHealingYoga.com
or www.SamanaHealingClinic.com

Andrea Hartsog, social worker and Carla Musgrove will be teaching and assisting during this course. All teachers are Certified Yoga Teachers, JJ is also a Yoga Therapist.

Weekly Class meets

at

Dragonfly Yoga

each Tuesday from
Feb 7th -through Mar
27th, 2012

7:00 - 8:00 p.m.

Teachers:

JJ Gormley
Andrea Hartsog
Carla Musgrove

Pre-screening is required.

Please contact

Andrea Hartsog at
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or

850-226-7502