



Recorded Trauma-Adapted  
Yoga Class  
Final Assignment  
HMPPS 2023

# Submission of recording



- A supervision meeting via zoom 3 months after completion of the in-person training
- The date for submission is the 14 November- 1 December
- You can send the video via WeTransfer, Dropbox, Youtube or Google Drive
- Send the link to Josefin and Geoff
- The video is 15 min with only you in the picture. Follow the sequences from the online platform since they are created in a specific order to give the best effect, including the TAY methodology
- Here is a link to WeTransfer: <https://wetransfer.com>

# Video 15 minutes



1. Any part of the yoga programs from the online recordings
2. Guide the movements and positions for 15 minutes
3. You need to be seen in full view

## **Include the following in your instructions:**

1. Count down in positions that can be challenging, such as balances and warriors
2. Inviting language
3. Try somewhere to guide towards a clear physical sensation in the body
4. Provide options in a few places



## What happens next?

- Send your practice logs to Geoff and Josefin
- When your video has been approved, a diploma of completed foundational level 1 training will be sent via email
- Supervision is available if needed



## Contact

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