




TRAUMA INFORMED PROGRAMMING

MISSION

Our Trauma-Informed Programming offers an evidenced-based curriculum created, led, and taught by trained and experienced Challenge to Change Instructors. We offer yoga and mindfulness programming to build resiliency in youth and adults who may have experienced trauma and are navigating challenges.



Programming is designed to encourage resilience, support a mind and body connection, facilitate experiencing physical sensations in the body without activating fight/flight/freeze response, and teach self-regulation techniques and strategies. We focus on trauma-informed language, education, self-care, personal empowerment, and sustainable wellness tools.

SERVICES

YOUTH PROGRAMMING

Our Yoga for Resiliency curriculum includes 12 lessons, each including 5 parts of practice: Seated Practice/Check-In, Movement, Heart of the Lesson, Guided Mindfulness, and Close of Practice/Check-Out. We offer live programming delivered by certified instructors for youth in settings such as:

- Juvenile Detention Centers
- Youth Shelters
- Adolescent Residential Treatment Facilities
- Alternative High Schools

CONTINUING EDUCATION

Challenge to Change provides practical tools to promote resilience and a healthy environment within the classroom, facility and yoga studio.

- Trauma-Informed Classroom Practices - 15 hour training for teachers
Qualifies as Iowa AEA Teacher Recertification Credit
- Trauma-Informed Practices for Yoga Instructors - 15 hour training for yoga instructors
Qualifies as Yoga Alliance Continuing Education Hours

STAFF TRAINING & CONSULTATION

Our trainings provide a sustainable foundation of trauma-informed practices for the staff and participants within your facility. Your employees will walk away with tools and resources that allow you to promote a healthy environment within your organization.

- Juvenile Detention Centers
- Mental Health Centers
- Adolescent Residential Treatment Facilities
- Substance Abuse Agencies
- Youth Shelters
- Recovery Centers

SPEAKING ENGAGEMENTS/CONFERENCES

Develop an awareness of trauma in order to build compassion for yourself and others. Our certified instructors offer evidence-based knowledge to promote sustained practices for a long term healthy lifestyle within your organization and more. These tools can benefit the employees as well as the participants within your facility.

- Trauma-Informed Yoga & Mindfulness Practices to Promote Student Resiliency
- Wellness in the Workplace

