

# **Sensory-Enhanced Yoga for Self-Regulation & Trauma Healing**

## **CONTENTS**

Acknowledgments

Preface

Forewords

Contributors

1: Introduction 1

**PART 1** Stress, trauma, and the neuroplastic brain 7

2: PTSD and sensory processing 9

3: Neurophysiology of PTSD 19

4: Brain changes in PTSD and mind-body practices: the inverse relationship 35

**PART 2** The many faces of trauma 53

5: Combat stress management 55

*Pat Lillis*

The Iraq Yoga Study 65

*Lynn Stoller*

6: Reclaiming body, redefining relationship: yoga with survivors of sexual trauma 69

*Danielle Rousseau and Amanda J G Napior*

7: Recovery and empowerment through yoga in prison 79

*Amanda J G Napior and Danielle Rousseau*

8: Using mind-body practices among populations of mass disaster and conflict 89

*Gretchen Ki Steidle*

9: Yoga for complex trauma survivors 101

*Alison Rhodes*

**PART 3** East meets West: the theory and guidelines of Sensory-Enhanced Yoga®

113

10: Sensory-Enhanced Yoga®: healing trauma through the koshas 115

11: Guideline 1 A sense of safety is essential for healing 127

12: Guideline 2 The most direct and powerful way to self-regulate is through control

of the breath 139

13: Guideline 3 Yoga can promote effective sensory, motor, and cognitive processing of traumatic experiences and thus aid healing 153

14: Guideline 4 New beliefs and attitudes more easily take hold when we first prepare the body to receive and accept them 183

15: Guideline 5 Self-empowerment is born on the wings of the spirit rising from the mind-body connection 195

**PART 4** Putting the practice together 205

16: Structuring the practice 207

17: Description of therapeutic yoga forms

18: Sensory-Enhanced Yoga® vinyasas

Appendices 272

References

Index