Where to find each of the exercises featured in this session.

05:00 Trauma Informed Yoga Exercise

 Eleanor Bramwell

29:15 Walking Meditation

 Laura Morrissette

37:05 Seated Meditation Combined with Mantra-based Meditation

 Laura Morrissette

43:37 Loving Kindness Meditation

 Laura Morrissette

55:52 The Role of Touch – Tennis Ball Self Massage

 Laura Gueron

1:00:53 Techniques to help clients to feel safe in their bodies again

 Laura Gueron