

Sexual Assault Awareness Month 2021

Together in
HOPE
2021



Sweta Vikram
Ayurveda and Mindset
Coach, Global Speaker, &
Best-selling Author

Facts and figures put together by UN Women tells us that less than 40 percent of the women who experience violence seek help of any sort. These numbers remind us that not everyone who enters a yoga class identifies as a survivor even if they have survived violence, abuse, assault, a terrifying domestic partner arrangement etc.

People have their reasons for sharing their experiences or choosing to disengage with them. Don't judge because you don't know anyone else's story.

In a regular yoga class, certain asanas, pranayama, and meditation techniques, which are otherwise centering for non-survivors, might be triggering for survivors. Ironically, they might not realize why the 60-75 minutes they spent in a class was agonizing instead of recharging.

Trauma-informed yoga connects healing and humanity on a deeper level. It nurtures and empowers because it creates a safe space for anyone attending. It teaches yogis to regulate their emotions using breath and body awareness, which gets people out of the extremes of hypo or hyper-arousal mode. It assures people to feel safe inside their bodies and relaxes their nervous system.

If more yoga spaces were trauma informed, we might see fewer cases of unintentional provocation and triggering.