

2 DAY TRAUMA-SENSITIVE YOGA TCTSY  
WORKSHOP FOR CLINICIANS, THERAPISTS,  
HEALTH STAFF, EDUCATORS & MIND-  
BODY FACILITATORS

TCTSY

Singapore

TRAUMA CENTER  
TRAUMA SENSITIVE YOGA



LEARN TRAUMA-  
INFORMED MOVEMENT  
AND BREATHING  
PRACTICES FOR  
INDIVIDUALS & GROUPS,  
EMPIRICALLY  
RESEARCHED SINCE 2003  
FROM THE TRAUMA  
CENTER BOSTON US &  
CFTE JRI  
WWW.TRAUMASENSITVEY  
OGA.COM

**IN-PERSON JULY 6 & 7**

**OR ONLINE 18 JUNE & IN-  
PERSON 7 JULY 2023**

**@IBIS SINGAPORE  
BENCOOLEN  
OPTIONAL DAY 3**

**MASTERCLASS ON 9 JULY**

**TCTSY Trainer**  
**Kristen Pringle -MH**  
**Clinician, Yoga Therapist,**  
with special guests  
TCTSY-F's in Singapore

The Yoga Program from "The Body  
Keeps the Score" by Bessel van der  
Kolk & "Trauma Sensitive Yoga in  
Therapy" David Emerson