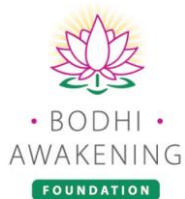


BAPU TRUST FOR RESEARCH
ON MIND & DISCOURSE

JUST BEING
be still. know. love



Training Schedule-Recovery From Trauma-Support & Skills (May-June 2021)

Day	Friday	Saturday	Friday	Saturday	Friday	Saturday	Friday	Saturday	Friday	Saturday	Friday	Saturday
Date	07/05/2021	08/05/2021	14/05/2021	15/05/2021	21/05/2021	22/05/2021	28/05/2021	29/05/2021	04/06/2021	05/06/2021	11/06/2021	12/06/2021
Time*	5 pm to 7 pm	11 am to 1 pm	5 pm to 7 pm	10 am to 12 pm	5 pm to 7 pm	10 am to 12 pm	5 pm to 7 pm	10 am to 12 pm	-	10 am to 12 pm	5 pm to 7 pm	10 am to 12 pm
Session No	1	2	4	5	7	8	10	11	-	14	16	17
Session Title	Setting the Ground For Training	Trauma and manifestations of Trauma	Embodied Presence	Poly Vagal Theory	Trauma and Body	Somatic Markers and Resourcing Oneself	Trauma and Body- Yoga	Tools, Body Speak	-	Yoga For Trauma	Ethical Framework in Trauma Support	Practical Matters, Closure
Faculty/Trainer	Bhargavi	Swetha	Sandy	Swetha	Kavita	Sandy	Kavita	Bhargavi	-	Kavita	Bhargavi	TBD
Time*	-	3 pm to 5 pm	-	3 pm to 5 pm	-	3 pm to 5 pm	-	3 pm to 5 pm	3 pm to 5 pm	3 pm to 5 pm	-	-
Session No	-	3	-	6	-	9	-	12	13	15	-	-
Title	-	Trauma and Breath	-	Community Resource Building	-	Creating safe community spaces	-	Relationships, Connection and Safety	Somatic self-regulation & co-regulation	Protective Parts in Self	-	-
Faculty/Trainer	-	Kavita	-	Sugandh	-	Sugandh	-	Sugandh	Sandy	Sandy		

Time- IST- Indian Standard time is the time zone*