



**Lynn Stoller,**

**M.S., OTR/L, C-IAYT, RYT 500/E-RYT 200**

Lynn developed the Sensory-Enhanced Yoga® program, which evolved from her role as the Associate Investigator and co-author of the highly successful randomized/controlled Iraq yoga study, “**Effects of Sensory-Enhanced Yoga on Symptoms of Combat Stress in Deployed Military Personnel**” (Stoller et al., Jan/Feb 2012 AJOT). Lynn was an influential faculty member of two pioneering veteran/ military yoga organizations (Yoga Warriors 2008- 2011; Warriors at Ease 2011-2016). Lynn is also an occupational therapist at Cotting School in Lexington, MA and teaches therapeutic yoga classes for veterans in the Boston area. She is the founding President of the Sensory-Enhanced Yoga® Institute and has a book due in print by the end of the summer.



**Megan Hennessey, M.Ed., RYT**

Megan has completed several yoga and meditation workshops (including Jon Kabat Zinn’s 8-week course on Mindfulness-based Stressed Reduction) as well as a 200-hour yoga teacher training in Thailand. Megan is in her 4<sup>th</sup> year teaching a classroom of high school students who have special needs (and high anxiety) at Cotting School. She quickly gained a reputation for her talent of structuring her classroom for promoting effective learning through sensory-based, mindfulness strategies and meditation practices, and has inspired other teachers to follow her lead. She has presented talks and written articles on the topic and is co-developing the S.M.Y.L.E. program for SEYI (see website). Megan will serve as the lab assistant for this workshop.

## **Sensory-Enhanced Yoga®**

**for Self-Regulation & Trauma Healing**

**May 4 & 5, 2019 – Lexington, MA**

Sensory-Enhanced Yoga® applies techniques from sensory-based OT practices and recent findings from the fields of neurobiology and trauma psychology to address core symptoms of PTSD and quality of life factors. The program is organized around the Transdisciplinary Model of Post-Traumatic Growth which synthesizes this information with Eastern yogic philosophy (kosha model) to produce a cogent roadmap to help guide the treatment process. Includes experiential teaching labs; detailed 133-page manual; & modifications for chair use.

To Register: [www.sensoryenhancedyoga.org](http://www.sensoryenhancedyoga.org)

Questions? Email [lynn@sensoryenhancedyoga.org](mailto:lynn@sensoryenhancedyoga.org) or call Lynn at 339-225-0084.

### **Help Your Clients Meet The Following Goals:**

- ▶ Effectively manage stress before it leads to emotional dysregulation and/or inappropriate behaviors.
- ▶ Decrease hyper-vigilance and overreaction to sensory input (e.g. visual, crowds, touch, noise, movement).
- ▶ Improve quality of sleep and energy level to support wellness and enhance daily productivity.
- ▶ Decrease intrusive thoughts by learning to become present through breath and body awareness.
- ▶ Enhance sense of self-worth & personal empowerment.

Learn how to incorporate evidence-based, trauma-sensitive yoga and mindfulness techniques into your clinical practice to promote healing from combat stress, PTSD, anxiety, and related autonomic nervous system disorders. Designed especially for OTs, other allied health & mental health professionals, and yoga therapists.

*This is an approved continuing education course for several professions; please inquire for details!*