

Can touch help heal trauma?



Holy Yoga® Touch 15-HR Certification

We all fall on a spectrum of comfort with touch. Healthy touch falls somewhere in the middle, though many of us fall on one end or the other due to a negative experience of touch either being withheld, or used inappropriately. In the Touch Training we look at the implications of our experience with touch and what God designed for it to be. This class is not just about assists in your classes, or massaging your students, it also addresses the psychology of touch and how it can be applied mindfully and with grace.

Comfort with touch
begins in the heart



Get Certified

What is the Holy Yoga Touch Training?

Safe healing touch/massage can be such an important and essential element of a Holy Yoga class, allowing individuals to have a physical experience of the love of God. In this 15-hour program, participants will learn from professional massage therapists/yoga trainers helpful ways to deepen others' yoga poses and provide assist and massage. Individuals will also learn how trauma and abuse can affect the human body and how safe permitted touch can help bring healing.



"Touch Training reminded me in a powerful way that this thing called life just isn't about me - it's about Jesus. It's about getting out of the way and praying over my students, learning to listen and discern, and allow God to use my physical body as a vessel to reach out and be an extension of Jesus's hands and feet."

Jennifer Moye, CHYI - Touch

Instructor Training Outline

Online Training

Pre-Training Preparation – 3 hours

Includes video lecture and advance reading/prep.

PLEASE NOTE: *You will receive access to the training center access one week prior to the live training session. You will be reviewing one lecture shortly before the live training so it is fresh.*

In-person Training

- Spectrum of healthy touch
- Who should I touch?
- How can I tell if someone does not want to be touched?
- Learning to read body language around touch
- 25-minute Thai massage protocol
- Assists for a yoga practice
- Hands-on practice with applied techniques



Touch training was more rewarding than I imagined it to be. Jonnie created an incredibly safe space for myself and the other participants to speak candidly about our experiences with physical touch in the past and how those experiences have shaped our perception and reaction to touch today. I have consistently been practicing everything that I learned through this course weekly since taking it. I have been able to genuinely connect and love on those around me and those who practice with me because of going through this training. I feel like this training has made me not only a better yoga instructor, but a more attentive and sensitive human being. I would rate it a 10/10 and would recommend it to anyone interested.

Melissa Fischer, C-HYI Touch

Breakdown of Hours

Techniques:
4 hours

Teaching Methods:
1 hour

Philosophy/Lifestyle/Ethics:
2 hours

Anatomy:
1 hour

Practicum:
7 hours

Important Information

Training Fee

Please visit
<https://holyyoga.net/touch-training-purchase/> for more information regarding current training fees, interest free payment plans, and the registration process.

Training Includes

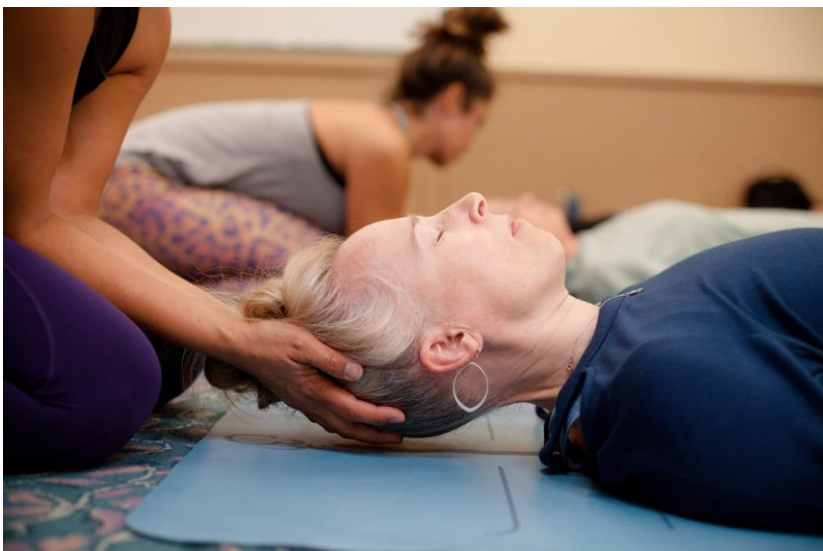
- One day live in-person training
- Electronic Downloadable Manual
- Online Training Center with poses and practice videos
(Access will be available for 60 days after the last live webinar session.)
- Touch Holy Yoga Certificate

Continuing Education Credits:

Yoga Alliance: 15 hours
(estimated)



American Council on Exercise:
0.8 hours live workshop



How do I enroll?

Register Now

holyyoga.net/touch-training-purchase/

Live Training Dates

Check out

www.holyyoga.net/calendar

for all upcoming Touch
Training start dates!

Contact Us

www.holyyoga.net/touch

info@holyyoga.net

[Frequently Asked Questions](#)



JOIN THE HOLY YOGA® FAMILY!!