

WORKSHEET

UNDERSTANDING THE BODY FROM AN EASTERN PERSPECTIVE

with Manouk Tideman | TRMBW Module 2

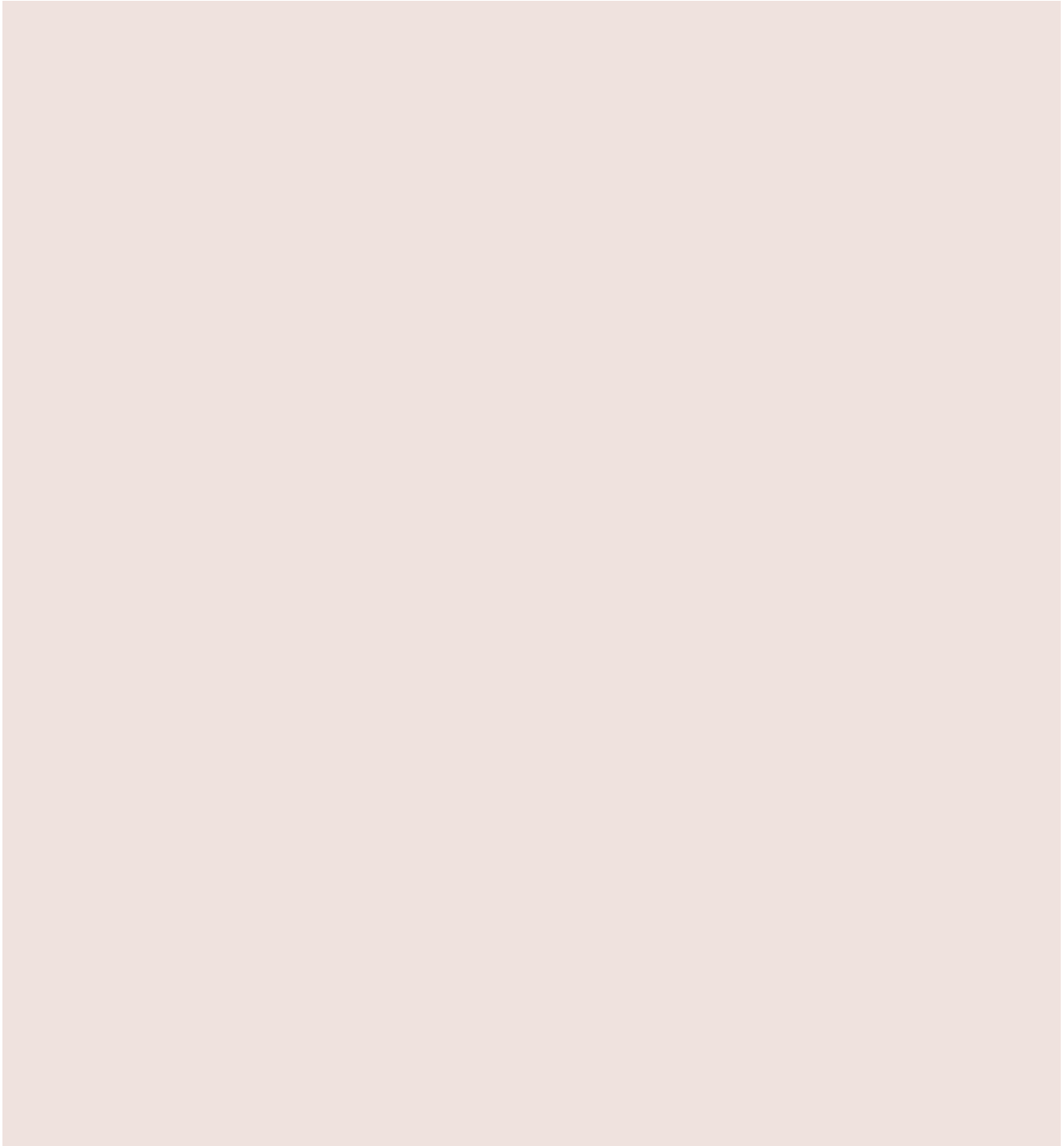
Explain the link between TCM and a trauma-informed approach to healing.

What are the Meridians?

Describe the four principles for practicing Yin Yoga

How can we adapt today's Yin poses to be more trauma-informed?

Notes & Key Takeaways



Reflection

