



**Maj. (Ret.) Jeffrey Sargent,
M.S., C-IAYT, RYT**

Jeffrey Sargent, retired U.S. Army Major, M.S. Yoga Therapy, RYT, has 20 years of military service, including combat tours in Iraq as a tactical intelligence officer and in Kuwait & Iraq as a Military Intelligence Company Commander. He is the recipient of numerous awards and was selected as the #1 ROTC graduate in the U.S. in 1996. Following retirement, Jeff worked as a government contractor training military personnel preparing to deploy to Iraq and Afghanistan. During this time Jeff discovered yoga, which has had tremendous impact on his life including helping him with his own battles with military service related PTSD.



**Lucy Lomax,
C-IAYT, E-RYT 500, C-iRest, C-WAE**

Lucy is a Certified Yoga Therapist, Experienced Yoga Teacher, Certified iRest® Meditation Teacher, Certified Warriors at Ease Teacher, Cancer Exercise Specialist, and Yoga for Amputees Master Teacher Trainer. Lucy has 19 years of yoga teaching experience and is a trainer for both entry and advanced level yoga teachers. She teaches public classes, workshops, retreats, and private yoga therapy sessions. Her teaching focuses on trauma-sensitive yoga and meditation, and adaptive yoga for injuries, illnesses, special conditions, and recovery. Lucy also serves as Director of Business Development for the Retreat Center of Maryland.

Sensory-Enhanced Yoga® **for Self-Regulation & Trauma Healing** **September 15 & 16, 2018- Ashton, MD** **(Silver Spring Area) Tuition: \$435**

Learn how to incorporate evidence-based, trauma-sensitive yoga 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!

A detailed 133-page manual is included in the tuition!

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.

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. Participants are also taught how to create a “safe container” for clients, in which healing can occur. Includes experiential teaching labs; detailed 133-page manual; & modifications for chair use.

To Register: www.sensoryenhancedyoga.org

Questions? Email lynn@sensoryenhancedyoga.org
or call Lynn at 339-225-0084.