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**FOR IMMEDIATE RELEASE**  
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*Give Back Yoga Foundation and Sedona Yoga Festival to Offer  
Groundbreaking Training on Yoga for First Responders*

**Trauma-Sensitive Yoga and Resiliency Training to Benefit**

**First Responders and Emergency Personnel**

**February 4 - 6, 2015**

**Sedona, AZ**

The Sedona Yoga Festival and the Give Back Yoga Foundation (GBYF) are proud to present “[SYF Gives Back: Trauma-Sensitive Yoga and Resiliency Training to Benefit First Responders and Emergency Personnel](#)” on February 4 - 6, 2015 in Sedona, AZ.

This intensive training is useful for yoga teachers, psychologists, first responders or anyone wanting to or working with first responders and law enforcement personnel who may be dealing with Post Traumatic Stress (PTS) and Secondary Traumatic Stress (STS), aka “compassion fatigue.”

Scientific studies now show that yoga and other mindfulness practices have a significant positive contribution on alleviating PTS and STS symptoms, and on strengthening body and mind resiliency. Students will leave this trauma-sensitive yoga training with the necessary tools to benefit this population. Certified yoga teachers are eligible to receive 14 CEUs through Yoga Alliance through the training, while nurses and counselors can receive 22 CEUs.

Last year, the Sedona Yoga Festival helped the Give Back Yoga Foundation to reach their goal of getting therapeutic yoga toolkits into the hands of 10,000 Veterans. Through the 2015 SYF Gives Back training, the organizations collaboratively aim to share skills and tools to help bring therapeutic yoga to at least 4,000 first responders nationwide.

“In the lives of first responders in service to our country, traumatic events are experienced, sometimes on a daily basis,” says SYF founder and former wildland firefighter Marc Titus. “This cumulative stress has profound effects on the human body, mind and spirit -- to which the efficacy of Yoga, meditation and other mindfulness practices as treatment and prevention has been *beyond* proven in our scientific community, as well as described in the ancient texts of this thousands of years old science.”

pregnancy, miscarriages, and this cumulative stress has profound effects on the human body, mind and spirit -- to which the efficacy of Yoga, meditation and other mindfulness practices as treatment and prevention has been *beyond* proven in our scientific community, as well as described in the ancient texts of this thousands of years old science.”

The Trauma-Sensitive Yoga and Resiliency Training to Benefit First responders is led by Olivia Kvitne, Assistant Editor of *LA Yoga* magazine. Olivia has taught regular yoga classes and continuing education for the Los Angeles Fire Department, as well as specialty workshops on trauma-sensitive yoga for high-ranking command staff of the Los Angeles Police Department.

"This training bridges the gap between the yoga community and a population that may not have considered yoga as an effective and accessible tool to address their needs," says Kvitne. "I am proud to bring together top authorities in psychology, neuroscience and trauma-sensitive yoga to create a down-to-earth and science-based yoga system that can benefit our nation's everyday heroes."

Another fellow faculty member, Bhava Ram -- aka Brad Willis -- is a former award-winning network news war correspondent whose career was ended by a broken back. After a subsequent diagnosis of terminal cancer, he embraced mind/body/spirit medicine and the deeper sciences of Yoga and Ayurveda, through which he ultimately healed against all odds. As a yoga teacher, he now shares the message that we all have the inner power to heal.

"As one who was on the front lines of conflicts and crises in Iraq, Afghanistan, Africa and Central America, I can attest to the fact that yoga gave me the strength to lift myself out of an abyss of profound physical and mental anguish, and ultimately find new meaning and purpose in life," says Ram.

"No one should feel weird about doing yoga, especially first responders who experience injury, trauma, and death," adds Give Back Yoga's Executive Director, Rob Schwart. "This is the first intensive training to mobilize hundreds of yoga teachers and yoga therapists to come out of their studios and offices and bring their knowledge and skills into police and fire departments. We extend an open invitation to all to join us in this work."

Learn more about the Trauma-Sensitive Yoga and Resiliency Training to Benefit First Responders and Emergency Personnel at: <http://sedonayogafestival.com/syf2015-gives-back-project/>

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### **About the Give Back Yoga Foundation:**

The Give Back Yoga Foundation is a not-for-profit organization dedicated to making yoga available to those who might not otherwise have the opportunity to experience this transformational practice. About the Sedona Yoga Festival:

### **About the Sedona Yoga Festival:**

The Sedona Yoga Festival is a consciousness evolution conference that takes place each February in Sedona, AZ. 10% of all ticket sales support the Give Back Yoga Foundation's mission of yoga outreach.

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