



INVITATIONAL LANGUAGE IN TRAUMA-INFORMED YOGA

What is Invitational Language?

Before every movement, the cue is offered as an invitation. It is an offer to explore and experience a shape.

And you get to make a choice.

You can say no. You can say not yet. You can say not today.

You might hear:

"If you'd like, you could explore bending and straightening
your leg...

or perhaps you're choosing to explore the shape in stillness...

maybe becoming aware of the rhythm of your breath...

you're always welcome to choose for yourself."

Each invitation creates space for you to decide how, or whether, to engage.

Why We Use Invitational Language

We use invitational language in trauma informed yoga because it facilitates choice making. When someone experiences a traumatic event or a prolonged experience of trauma, there is often a loss of agency. In those moments, choice is taken away. That loss can have ripple effects. The nervous system can organize itself around that experience.

Invitational language is woven throughout the entire practice as a constant reminder that you have agency over your body and over your experience in this class.

Why Choice Matters

Making choices over and over builds neuroplasticity. It helps the brain and nervous system remember that you are empowered. That you have agency over your body. That you have agency over your experience. Over time, the mind and body can learn that it is safe to make choices based on the sensations arising within you.

That process is part of the practice.