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understand evaluate and apply trauma informed techniques suitable for incarcerated and formerly incarcerated populations using movement breath practices and other embodied mindfulness based exercises Leveraging recent neurobiological research about trauma this book presents best practices and on the ground experiences of participants of mindfulness based trauma informed yoga while incarcerated It acknowledges the role that trauma may have played in individuals lives including substance misuse and violent behavior This brief will leverage the emergence of the integration of developmental neurological addiction treatment and social perspectives It is an accessible and valuable tool for a variety of body based healing professionals

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Yoga Therapy with Autistic Adults Elizabeth Walunas,2026-03-19 This guide offers yoga therapists an introduction to yoga and mindfulness adaptations for autistic adults without intellectual disability With research insights on the needs of autistic clients and practical applications of traditional yoga frameworks this book provides the tools needed for accessible and affirmative service

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Library of Congress,1976 *Marketing Health Services* ,2004 **Religions of the World: D-J** ,2002 Publisher Description

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