

Trauma-Informed Yoga and Somatic Practices for Supporting Regulation in School and Therapeutic Settings



Provider
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48 HOURS
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PRESENTER

Shawnee Thornton Hardy, C-IAYT – Certified Yoga Therapist, Somatic Experiencing® Practitioner

Author and speaker



WHEN

Friday, October 9, 2026

8:00 AM—3:00 PM EST

Target Audience:

OTs, OTAs, PTs and PTAs, SLPs, educators, special educators, social workers

Instruction Methods:

Lecture, slides, video analysis and demonstration

Level: Intermediate



WHERE

Live Web Conference

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FEE

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ACCREDITATION

6.0 contact hours

0.6 ASHA CEUs

0.6 AOTA CEUs

7.5 NBCOT PDUs

0.6 NY PT CEUs

0.6 CEU for SLP in NY

6 CTLE credit/contact/clock hours

0.6 CEUs for NY social workers

Certificates will be awarded

- Credits listed are offered by Theramoves for full attendance.
- ASHA partial credits **will not be** awarded for this webinar.
- Attendance is tracked automatically by the online platform "ZOOM"
- Learning assessment will be completed via an online post-course quiz. Passing a multiple-choice test with 70% accuracy within 1 week is required to receive your certificate of completion.
- Please contact info@theramoves.com with any special needs request within 2 weeks.

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DESCRIPTION

This experiential workshop introduces trauma-informed yoga and somatic practices that support sensory processing, self-regulation, and nervous system resilience in children and adolescents. Participants will explore the impact of unmanaged stress and trauma on young people's brains and bodies through the lens of the nervous system, gaining a deeper understanding of how these experiences can influence sensory processing, emotional regulation, behavior, learning, relationships, and participation in daily life.

Through lecture, demonstration, and experiential practice, attendees will learn practical, accessible strategies that can be integrated into classrooms, therapy sessions, and other supportive environments. The workshop will explore the foundations of sensory processing and sensory integration while considering the unique strengths, challenges, and sensory needs of neurodivergent individuals. Participants will gain a deeper understanding of how movement, breath, interoception, proprioception, and body awareness can support regulation, engagement, and well-being across a wide range of learners and clients.

Participants will leave with a variety of immediately applicable tools and activities that can be adapted for diverse ages, abilities, and settings. Emphasis will be placed on creating safe, supportive, and inclusive environments that foster connection, co-regulation, resilience, and self-awareness while honoring the unique needs and lived experiences of each individual.

LEARNING OBJECTIVES

At the end of this seminar, the participant will be able to:

1. Describe the impact of chronic stress and trauma on the developing nervous system and its influence on sensory processing, regulation, behavior, learning, and participation.
2. Identify key concepts related to sensory processing, sensory integration, and self-regulation, including their relevance in educational and therapeutic settings.
3. Recognize common sensory and nervous system responses in neurodivergent children and adolescents and apply a strengths-based, neurodiversity-affirming perspective to support participation and well-being.
4. Explain the role of movement, breath, proprioception, interoception, and body awareness in supporting nervous system regulation.
5. Demonstrate at least three trauma-informed yoga and somatic practices that can be adapted for use in school, clinical, and community settings.
6. Develop strategies for creating safe, inclusive, and supportive environments that foster co-regulation, resilience, and self-awareness.
7. Integrate practical trauma-informed and sensory-based tools into their professional work to support regulation, engagement, and participation.



TheraMoves is an AOTA Approved Provider of professional development. Course approval # pending. This live, distant learning-interactive, distant learning-independent course is offered at 0.6 CEUs., an intermediate educational level, in the area of occupational therapy service delivery and foundational knowledge. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.



- TheraMoves Services, LLC is recognized by the NYSED's State Board for PT as an approved provider of PT & PTAs CEUS (6.0 contact hours)
- TheraMoves Services, LLC is Approved for sponsor of continued competency for speech-language pathologists by The State Education Department
- Approved for Social Workers by the NY State ED Dept. #SW-0499
- Approved by NYSED for Continuing Teacher and Leader Education (CTLE hours) Provider # 23490. This webinar will qualify for 6.0 approved (CTLE) Hour(s)

AGENDA

8:00 AM – 8:30 AM Welcome, Introductions & Course Overview

- Introductions and Learning objectives
- Foundations of trauma-informed, neurodiversity-affirming practice

8:30 AM – 9:45 AM The Nervous System, Stress & Trauma

- The autonomic nervous system
- Effects of chronic stress and trauma
- Regulation, dysregulation, and co-regulation
- Impact on learning, behavior, and participation

9:45 AM – 11:00 AM Sensory Processing & Neurodiversity

- Sensory processing and integration
- Sensory modulation and regulation
- Neurodiversity-affirming perspectives
- Yoga and somatic supports for sensory integration

11:00 AM – 12:30 PM Experiential Yoga & Somatic Practices

- Movement, breath, and body awareness
- Proprioceptive, vestibular, and interoceptive strategies
- Guided experiential activities

12:30 PM – 1:00 PM Lunch Break

1:00 PM – 2:00 PM Practical Applications for School & Therapeutic Settings

- Adapting interventions for diverse settings
- Creating regulation-supportive environments
- Individual and group applications

2:00 PM – 3:00 PM Reflection, Implementation & Closing

- Key concepts review
- Implementation planning
- Questions, discussion, and closing integration

2-15 minute breaks will be given in the morning and afternoon

PRESENTER'S BIO

Shawnee Thornton Hardy is a Yoga Therapist, Somatic Experiencing® Practitioner, Somatic Touch Facilitator, Ayurvedic Wellness Guide, author, educator, and the founder of Asanas for Autism and Special Needs, Yoga Therapy for Youth, and Embodied Wellbeing Yoga Therapy. She is also the co-founder of the Women Writers Collective in Yoga Therapy. With over three decades of experience working with children, teens, and young adults with complex needs, Shawnee is passionate about supporting nervous system regulation, resilience, embodiment, emotional well-being, and authentic connection through yoga therapy, somatic practices, sensory integration, relational approaches to healing, Ayurveda, and nature-based practices.

Disclosure: Financial: Shawnee will receive a speaker's honorarium from TheraMoves Services for the presentation. She receives royalties from the sale of books she has authored that she will refer to in this course. Non-Financial: She has no non-financial relationships to disclose.



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0.6 ASHA CEUs