



# **TRANSCENDING SEXUAL TRAUMA THROUGH YOGA**

as taught by zabie yamasaki

"And the day came when the risk to remain tight in a bud  
was more painful than the risk it took to blossom."

- Anaïs Nin



## About the Founder

**Zabie Yamasaki, M.Ed, RYT**  
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Zabie received her undergraduate degree in Psychology and Social Behavior and Education at the University of California, Irvine. She completed her graduate work in Higher Education Administration and Student Affairs at The George Washington University. She has her 200-hour yoga certification and specialized training in trauma-sensitive yoga instruction. She is a trauma-informed yoga instructor offering workshops specifically designed for healing sexual trauma. She is the founder of Transcending Sexual Trauma through Yoga, an organization with a simple mission: empowering survivors to heal through yoga.

Zabie has created a model therapeutic yoga program and curriculum being implemented throughout the U.S. at various universities and rape crisis centers including Stanford University, UC Irvine, UCLA, USC, Long Beach State, Center for Pacific Asian Families, East Los Angeles Women's Center, and Community Service Programs (CSP). Her work has been highlighted in the Huffington Post, OC Register, Pinterest, Elephant Journal, Breathe OC, and various online publications.

## About Transcending Sexual Trauma through Yoga

Memories of sexually violent experiences can be intrusive, which can create challenges for survivors. These memories can make it difficult for those looking to establish connection to themselves and others and learn how to trust again. The entire experience of practicing trauma-informed yoga can help survivors find union between disconnected and challenging aspects of the self, allowing participants to slowly build the pieces into an integrated whole.

The impact trauma has on the body's physiology is far-reaching and it is essential to incorporate evidence based and culturally relevant practices that provide alternative forms of healing for survivors. It is critical that sexual violence providers and support agencies offer multiple pathways to heal.

Providing trauma-informed yoga as a support service helps survivors reconnect to their bodies and empowers them to access additional resources when they are ready, including reporting options, medical services, and counseling. Survivors have also shared that the yoga program increased their confidence and self-esteem, helped them learn the importance of self-care, and allowed them to develop a strong sense of community.

By focusing on a holistic approach, we are helping change the way our world responds to trauma and provides support to survivors at various stages in their healing.



## Services Offered

- ★ Consultation for colleges/universities, rape crisis centers, and domestic violence shelters on the implementation of a comprehensive trauma-informed yoga as healing program for survivors
- ★ Trauma-informed Yoga Teacher Trainings (3-day)
- ★ Trauma-informed Yoga Trainings for Mental Health Professionals
- ★ Consultation and training for yoga studios on trauma-informed approaches
- ★ Private trauma-informed yoga classes
- ★ Group trauma-informed yoga classes
- ★ Mentorship Program for yoga instructors interested in teaching trauma-informed yoga

For more information, e-mail Zabie Yamasaki at [zkhoraki@gmail.com](mailto:zkhoraki@gmail.com)

### RECONNECT

"...and I said to my body, softly- 'I want to be your friend.' It took a long breath and replied, 'I have been waiting my whole life for this.'"  
- Nayyirah Waheed

- Trauma-informed yoga provides the opportunity to find connection between seemingly disconnected pieces- allowing survivors to move beyond trying to find the words to articulate how they feel. The practice of trauma-informed yoga empowers survivors to tap into their inner resilience to heal.

### RECLAIM

"The past is over and done and has no power over me. I can begin to be free in this moment. Today's thoughts create my future- I am in charge. I now take my own power back. I am safe and I am free."  
- Louise Hay

Guiding survivors to explore their bodies on their own terms, provides a foundation for an empowered body, mind and spirit.

### RESTORE

"The most authentic thing about us is our capacity to create, to overcome, to endure, to transform, to love and to be greater than our suffering."  
- Ben Okri

Through a trauma-informed practice, survivors are invited to explore their bodies exactly as they are. There is nothing more powerful than finding the safety and freedom within.



## What People are Saying:

"I gained my body, spirit, and mind back. I gained confidence, openness, and courage. I gained strength, assertiveness, and knowledge to carry me for a lifetime. I gained myself back."

### - Yoga as Healing Participant

"This program helped me find my inner voice. Peace. Some courage to be myself and communicate my needs/wants to others. I'm learning how to speak up for myself. This yoga class has changed my life."

### - Yoga as Healing Participant

"Prior to the program, I was having difficulty with eating. When I would get stressed, either emotionally or with school, I would have a panic attack and eat until I felt better. I felt that the satisfaction from eating, as if I was hungry, calmed me down. I have gained 30 pounds since I was raped, but I am proud to say that since the beginning of yoga, I have been able to control my emotions way better and have stopped eating/binging."

### - Yoga as Healing Participant

"All yoga teachers in the world should take Zabie's training."

### - Yoga Instructor Workshop Participant, May 2015

"Zabie used yoga to help overcome the trauma of sexual violence. Now she's helping others do the same."

### – Arianna Huffington, The Huffington Post (via twitter)

## CONTACT ME



If you have questions or would like to learn more about workshops, speaking engagements, consulting, or private or public yoga instruction,

please e-mail me at [zckhoraki@gmail.com](mailto:zckhoraki@gmail.com).



/ZabieKhorakiwalaYoga



/transcending\_trauma\_with\_yoga/



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