

Welcome to episode 127 of the Therapy Chat Podcast with host Laura Reagan, LCSW-C. Today Laura speaks to Lynn Fraser about mindfulness & somatic work in healing trauma.

Lynn Fraser is a senior meditation and yoga teacher in the Himalayan Yoga Meditation tradition; and a Senior Facilitator of the Living Inquiries and Natural Rest. She brings the depth and richness of twenty years experience teaching meditation and yoga philosophy to her work. She specializes in holding a safe and trusted space for healing trauma in her private Living Inquiries online sessions with individuals. Lynn lives near family, the ocean and forest in Nova Scotia Canada where she also plays flute in a jazz band.

Lynn is a student and teaches within the Himalayan Tradition of Swami Rama as taught by Swami Veda Bharati. She is certified through the Association of Himalayan Yoga Meditation Societies (AHYMSIN) and the Yoga Center of Calgary. She was a founding member of the organizing committee for the AHYMSIN teacher training program and is faculty for the Yoga Studio College in Calgary. Lynn has studied extensively in the United States and India with Swami Veda Bharati, Pandit Dabral and other senior teachers in the Himalayan Tradition.

She teaches in Halifax/Dartmouth, Nova Scotia, Canada. Her classes are suitable for students in various physical conditions as a primary emphasis for asana (yoga poses) is on training the mind through the body. Her teaching features an integrated approach of relaxation, asana, pranayama, meditation and philosophy for every day life. She is a certified Himalayan Institute Ayurveda Yoga Specialist.

Lynn supports people healing from Post Traumatic Stress Disorder (PTSD) and other trauma through meditation, yoga therapy and mindfulness inquiry.

Resources:

Lynn's website: <http://stillpointyoga.ca>

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