



PRESS RELEASE



FOR IMMEDIATE RELEASE – September 30, 2020

Yoga Service Council & Omega Offer Empowering Practices for Survivors of Sexual Trauma in New Book

‘Yoga and Resilience’ Edited by Danielle Rousseau & Published by Handspring Brings Together Leading Experts in Trauma & Yoga

RHINEBECK, NY – In the wake of the [#MeToo movement](#), ongoing sexual justice activism, and growing empirical evidence supporting the benefits of yoga and mindfulness practices in managing the many impacts of trauma and stress, [Yoga and Resilience](#) addresses sexual trauma and yoga in an integrated and practical way. Calling on a diverse array of more than 25 leading experts in the fields of trauma and yoga, the book distills best practices to inform the fields of mental health, trauma-informed yoga, yoga service, and yoga more generally.

“The wounds of sexual violence are experienced by survivors long after an assault takes place. When taught with care and awareness, trauma-informed yoga and mindfulness can be valuable tools for healing from the physiological and psychological impacts of sexual trauma,” said Carla Goldstein, president of [Omega](#) and cofounder of the [Omega Women’s Leadership Center](#). “We are proud to support this important body of work.”

Yoga and Resilience: Empowering Practices for Survivors of Sexual Trauma is the fourth in a series of Yoga Service Best Practices Guide Books, and the first to be published by Handspring Publishing. The series launched in 2015 with the publication of *Best Practices for Yoga in Schools*, and was followed by *Best Practices for Yoga with Veterans* in 2016, and *Best Practices for Yoga in the Criminal Justice System* in 2017.

“This work is a model for what collective inquiry and co-creation can successfully be. The depth of empirical and experiential knowledge that is embedded in this book is only possible because of the diverse expertise of all contributors. I know that the wisdom these experts have bestowed will profoundly impact the fields of both trauma-response, and yoga service,” said editor Danielle Rousseau, who is also an author of *Best Practices for Yoga in the Criminal Justice System*.

The partnership of the [Yoga Service Council](#) and Omega Institute began in 2009, when Omega offered space for a group of yoga teachers to come together and talk about ways to support those who worked with vulnerable and underserved populations. The council emerged from this initial gathering and offered the first annual Yoga Service Conference at Omega in 2012. As a result of the shared commitment to yoga and service, the Yoga Service Council and Omega decided to formally partner in 2014 to bring yoga and mindfulness practices into the lives of more individuals and communities who have limited access to these vital teachings.

About the Editor

Danielle Rousseau is an assistant professor at Boston University. Her professional focus has been in trauma services and gender advocacy. She is a social justice researcher and

practitioner. Dr. Rousseau has worked in the field of forensic mental health as a therapist in correctional facilities, winning multiple awards for her service. She has also served communities doing crisis response and victim advocacy. Her research, teaching, and practice focus on justice, trauma, gender, mental health, mindfulness, and resilience. She is an advocate of integrative, holistic approaches that support embodied self-care. She is a licensed therapist and certified yoga teacher. Dr. Rousseau is an author on the Yoga Service Council's Best Practices for Yoga in the Criminal Justice System and the editor for Yoga and Resilience: Empowering Practices for Survivors of Sexual Trauma.

About Handspring Publishing

Since 2012 we have been publishing evidence-based, fully referenced professional books for bodywork and movement teachers and therapists. Based in Scotland, UK, our authors and editors are internationally recognized as leading teachers and practitioners in their area of expertise. Our books are produced to a high quality often with supporting video and other materials. We aim to publish books that provide an unrivalled source of continuing professional development and learning for their readers. Handspringpublishing.com

Handspring Publishing contact: Hilary Brown, Hilary@handspringpublishing.com

About Yoga Service Council

The Yoga Service Council is a collaborative community that welcomes yoga and mindfulness teachers, therapists, social service providers, educators, health professionals, researchers, and all others who share our mission and vision. We are a 501(c)(3) nonprofit organization, dedicated to maximizing the effectiveness, sustainability, and impact of individuals and organizations working to make yoga and mindfulness practices equally accessible to all. YogaServiceCouncil.org

Yoga Service Council contact: Rajni Tripathi, Director@YogaServiceCouncil.org

About Omega Institute for Holistic Studies

Founded in 1977, Omega Institute for Holistic Studies is the nation's most trusted source for wellness and personal growth. As a nonprofit organization, Omega offers diverse and innovative educational experiences that inspire an integrated approach to personal and social change. Located on 250 acres in the beautiful Hudson Valley, Omega welcomes more than 23,000 people to its workshops, conferences, and retreats in Rhinebeck, New York, and at exceptional locations around the world. eOmega.org

Omega contact: Chrissa Santoro, ChrissaS@eOmega.org

###