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Running Head: TRAUMA YOGA KENYA

Trauma-informed yoga training in Kenya: A qualitative pilot study on feasibility and acceptability

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Abstract

The current study presents a pilot qualitative exploration of the collaboration of two yoga service agencies in implementing a trauma-informed mindfulness-based teaching curriculum in Kenya, Africa. Yoga and mindfulness practices have been demonstrated as successful complementary and alternative approaches to managing the impacts of stress trauma. This study explores the feasibility and acceptability of mindfulness programming for yoga teachers in the Nairobi region of Kenya. Grounded theory is used to explore survey results. Outcomes demonstrate promise for both acceptability and feasibility. Curriculum tools were viewed as effective, and participants indicated intention to both utilize and share tools. Reflections on program effectiveness and impacts are addressed, as are potential considerations for improved program translation. Findings

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