

Yoni Shakti the Movement to Eradicate Abuse of Women in Yoga and to reclaim Yoga as a Tool for Healing and Justice.

**Resources for Survivors of Abuse in Yoga,
And for campaigners to share with survivors.
Version 1 / July 2020**

Welcome!

This document is compiled from the contributions of our group members and advisors, to provide a reliable resource for everyone who needs it. This is the first version of this document and it will be updated as further resources are recommended by our members.

You may be a survivor of abuse in yoga who is looking for support or a safe space to disclose.

You may be a campaigner who has met survivors of abuse in yoga, perhaps because you are sharing campaign information, or are meeting survivors because of the work you are doing to reveal injustice and abuse in yoga, and you are looking for a helpful resource to give those seeking to disclose or looking for support?

You may be a teacher/trainer/ or studio owner who wishes to support survivors of abuse in yoga, or to provide resources for your students/teachers/ trainees?

Whoever you are, if you are looking for resources to support yourself or anybody else who is a survivor of abuse in yoga, then this is for you.

There are three sections:

- 1. Self-Care and Self-Nurture guidelines for survivors, supporters and campaigners.**
- 2. Recommended therapists and counsellors to whom you can refer for one-to-one sessions.** All these therapists are members of the Yoni Shakti the Movement Facebook Group, and/or are recommended by other members of the Yoni Shakti the Movement Facebook group, which you are invited to join if you are not already a member.
- 3. Recommended organisations providing information and support for survivors**
- 4. Further reading and useful articles that have been shared in Yoni Shakti the Movement Campaign** – this is a very small selection offered to provide valuable insights and understandings for survivors and those who support survivors. Please visit the Facebook group to see the full range of discussions and shared resources.

1: Self-Care and Self-Nurture guidelines

three simple suggestions to help yourself (and others) whilst you find help.

These are general guidelines to support survivors and campaigners to care for ourselves with kindness whilst we do this work. One of the key experiences reported by many survivors and campaigners in our group is that of overwhelm. Many times the work of revealing abuse in order to work towards its eradication produces a real sense of overload, exhaustion, distress and desperation that can be very hard to withstand. These experiences can manifest as fatigue, grief, anger, fear and many other emotions all at once.

It is beyond the scope of this resources document to provide a complete guide to managing these powerful experiences, which is why it provides lots of recommendations for referrals of places to get more help. The intention here in this section is simply to provide three basic suggestions of how to take care of yourself whilst you look for outside help.

Our first suggestion is simply to be kind to yourself, and take nourishment and rest, the second suggestion is to practice Grounding, Centring and Orienting, and the third suggestion is to step into connection online or in person with trusted individuals and groups.

Here below are more details about what these suggestions might involve. These suggestions are listed beneath one after the other, in no particular order. All are important, and sometimes it takes a connection with another person to encourage us to be kind to ourselves, or maybe we need to practice grounding, centring and orienting before we are able to reach out for help or to recognise the need to be kind to ourselves. So please don't see these as one step that leads to another, but rather a trio of suggestions that might happen in any order, or even all co-exist.

Simply to be kind to yourself, and take nourishment and rest

This can be as simple as STOPPING right now– to exhale. Press your feet into the floor. Feel your hands and face.

Drink water, have a warm tea or soup.

Step outside if you can – if it's possible, walk or stand barefoot on the earth.

Eat some food you love.

Take time to be in outside, wherever you are - even looking up at the sky, that is nature! Be close to trees and plants and animals if you can.

Take a warm shower or have a bath. Maybe put salt in the bath, or use Epsom salts or whatever oils you find calming.

Massage and oil your feet.

Get enough sleep, and rest when you feel tired.

If you enjoy yoga nidra, lay down and practice this too – make rest a priority and do some resting every day. Don't wait to get tired before you rest – make it part of every day.

If you can please do these things every day.

Take care of yourself. You are precious and deserve time to rest and be.

Practice Grounding, Centring and Orienting

If you are standing- feel the earth beneath your feet (be barefoot if you can, or feel the soles of your feet through your shoes/socks the soles of your feet). If you can reach out with your hands – press them against a wall, or a tree and feel you centre.

If you are seated, then use your hands to press into the ground beneath, and feel your centre. Feel your legs and the base of our spine on the surface beneath and press down into the earth beneath that surface even if it is a long way beneath, it is there.

Look around you – open your eyes and see if you can notice the corners of the room or the places outside that draw your attention – like trees. Notice what you see – look straight ahead, look to the sides, and know where you are. You are here and now.

Rub the palms of your hands together and pull your fingers. Pinch your ears and tug them all the way around their edges. Rub your cheeks and pinch them. Screw up your face and then stick out your tongue feel you face with your hands. Feel your scalp with your hands, wriggle your toes and fingers. Feel where your edges are – feel where your centre is.

Notice your breath coming and going. Hear the sounds close to you. Yawn and sigh and feel your centre, and notice what is happening around you, in the room, or in your immediate space.

Choose to step into connection online or in person with trusted individuals and groups

Please know that you are not alone. There are many survivors and supporters seeking to eradicate abuse, and many campaigners, supporters and survivors who are reclaiming yoga as tool for healing and justice.

Together we are working for truth and change, and knowing this can be helpful and supportive. You are not alone. Simply connecting with others who share your own experiences or intentions can be helpful.

Seeing evidence of others' efforts to eradicate abuse and reclaim yoga for healing and justice can be reassuring and positive.

This is part of the function of the Yoni Shakti the Movement Facebook group which includes examples of many different organisations and individuals who are working in their own way to address these issues. It is from amongst the members of this group and the friends and colleagues connected to these members that we have been able to compile this resource. Simply reading this resource, which has been compiled with love and care for you by trusted people is a form of connection. You are not alone... Read on to learn about the many sources of support which is available.

2. Recommended therapists and counsellors to whom we refer you for one-to-one sessions.

All these therapists are members of the Yoni Shakti the Movement Facebook group, which you are invited to join if you are not already a member.

All therapists and counsellors are familiar with the intentions of the Yoni Shakti the Movement campaign, and have knowledge of yoga environments, All therapists can offer Zoom sessions or sessions by phone. Cost of sessions are set by individual therapists. YSTM has no financial connection to any of these individuals, and is simply offering here a list of recommendations from members and colleagues who are willing to be listed here. We trust the recommendations of our colleagues and members, and everyone here is aware that they are listed here. Ultimately can take no responsibility for the nature of the support which you may find from these individuals.

Audrey James

audrey@restorecounsellingservice.co.uk

Psychodynamic Counsellor and Psychotherapist

<https://www.counselling-directory.org.uk/counsellors/audrey-james>

Beverly Bruce

Psychotherapist, Yoga Therapist, Somatic Therapist, Yoga Nidra Facilitator Teacher & Trainer

<https://beverleybruce.com/>

beverleyb@mac.com

Caroline Murray

Priestess, energetic doula, and mother healer

<https://www.carolinemurray.net/tragedy-to-triumph>

hello@carolinemurray.net

Caroline Shola Arewa

<https://www.energy4lifecoach.com/>

Spiritual and wellness coaching, guide, mentor and energy doctor

shola@shola.co.uk

Craig Nadashakti Norris

Yoga therapist, Vortex Healing Practitioner

<https://www.craignorris.co.uk/>

nadashakti@hotmail.co.uk

Eunice Laurel

Yoga therapist, dance movement psychotherapist (MA in progress)

<https://movementforhealing.org/eunice-laurel>

eunicelaurel@mac.com

Janine Hurley

Hypnotherapist, EMDR therapist, yoga therapist

<https://creative-calm.com/janine-hurley/>

janine@creative-calm.com

Jeanette Campbell-Johnston

Psychotherapist

www.cotswoldpsychotherapypractice.co.uk

jcpsychotherapy@icloud.com

Josna Pankhania

Psychotherapist, counsellor, human rights activist

<http://counsellingandyoga.com.au/about.html>

yoga.ethics@outlook.com

Lana Jackson

Senior clinical psychologist, yoga therapist for mental health

<http://www.drlanajackson.co.uk/>

lanajo88@hotmail.com

Lucy Arnsby-Wilson

Clinical psychologist, yoga therapist

<https://www.thefamilyshippractice.com/lucy-arnsby-wilson/>

drlucyarnsbywilson@gmail.com

Suze Retera

Yoga therapist, Trauma Release Exercises practitioner, sharing embodied practices for supporting survivors, including TRE and yoga nidra.

<https://www.suzeretera.com/recovery-therapy>

suze@globalflow.org

3 Recommended organisations providing information and support for survivors

Rape Crisis Network (Europe)

www.rcne.com

RCNE is the network of European rape crisis centres. Aiming to make sure that anyone who experiences sexual violence can get the help they need. Also active in influencing policy, standards and legislation through European governments and non-governmental organisations (NGOs). All member centres share a 'survivor-centred' and anti-discriminatory approach.

Solace Women's Aid (UK)

<https://www.solacewomensaid.org/>

'Violence against women and girls stops here': London-based organisation offering national support through a freephone number, with support and advice, rape crisis refuges, therapeutic support and training.

The Survivors Trust (UK)

Helpline: 0808 801 0818

thesurvivorstrust.org

The Survivors' Trust is an umbrella organisation for specialist rape and sexual abuse services and sign post survivors to our member agencies throughout the UK. The following resource on our website can be used to find local specialist support in your local area: <https://www.thesurvivorstrust.org/find-support>. The Survivors' trust and its members are committed to the fair treatment of people regardless of race, gender, religion, sexual orientation, age or physical/learning disability. [Find support](#)

RAINN (USA)

<https://www.rainn.org/>

RAINN (Rape, Abuse & Incest National Network) is the largest anti-sexual violence organisation in the US. RAINN offers a National Sexual Assault Hotline for survivors and their loved ones, in association with local sexual assault service providers and also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

Imkaan (UK)

<https://www.imkaan.org.uk/get-help>

Imkaan is a survivor support organisation rooted in Black feminist thinking advocating the power of collective action. It provides support for survivors of sexual and domestic violence and referral to BAME specific support.

Cult Information Centre (UK and international)

<https://cultinformation.org.uk/index.html>

CIC is a charity providing advice and information for victims of cults, their families and friends, researchers and the media. Established in the United Kingdom to focus critical concern on the harmful methods of cults worldwide.

Women Against Rape (UK)

womenagainstrape.net

This is the joint website of [Women Against Rape](#) and [Black Women's Rape Action Project](#). Both organisations are based on self-help and provide support, legal information and advocacy. Campaigning for justice and protection for all women and girls, including asylum seekers, who have suffered sexual, domestic and/or racist violence.

Rape Crisis (England and Wales)

Helpline: 0808 802 9999

rapecrisis.org.uk

National organisation offering support and counselling for those affected by rape and sexual abuse.

Victim Support

Supportline: [0333 300 6389](tel:03333006389)

[Rape and sexual assault](#)

Confidential, free services available to anyone who's been raped or sexually assaulted, now or in the past. Offering help, regardless of whether you have told the police or anyone else about the attack. Volunteers can visit you at home (if you want us to, and if doing so will not put you at further risk) or somewhere else if you prefer. If you don't want to see anyone face-to-face, you can also on the phone, either at local offices or at the national Victim Supportline.

Women's Aid Federation (UK)

National Domestic Violence Helpline (24hrs): 0808 2000 247

womensaid.org.uk

Women's Aid is the national domestic violence charity that helps up to 250,000 women and children every year. We work to end violence against women and children, and support over 500 domestic and sexual violence services across the country. Offering phone support, email support, survivors' forum, training and information.

National Health Service (UK)

<https://www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault/>

Find an NHS Sexual Abuse Referral Centre (SARC) near you (UK)

SARCs are specialist medical and forensic services for anyone who has been raped or sexually assaulted. They aim to be one-stop service, providing the following under one roof:

medical care and forensic examination following assault/rape and, in some locations, sexual health services.

<https://www.nhs.uk/service-search/other-services/Rape%20and%20sexual%20assault%20referral%20centres/LocationSearch/364>

4 Further Reading

All articles written and/or shared by members of the YSTM Facebook group

<https://yogainternational.com/article/view/how-to-respond-to-sexual-abuse-within-a-yoga-or-spiritual-community>

Karen Rain here sets out the key guidelines to follow for helpful responses.

<https://humanparts.medium.com/i-dont-need-i-believe-you-i-need-i-ll-stand-up-for-you-c6f9a2cc8d35>

Karen Rain outlines the heart of what's needed from a survivor's perspective.

https://www.tandfonline.com/doi/full/10.1080/10926771.2020.1774695?fbclid=IwAR22KxVtxjW05jOuarwz2fVgdxdl3l0M-9Csgz1W1HeCU_SfLGnfhfbAml&

Crucial exposition of DARVO (Deny, Attack, reverse Victim and Offender) response that is a common response of perpetrators (and enablers) in order to discredit a survivor who speaks up. Awareness of DARVO reduces its effectiveness.

Freyd, J.J. (1997). Violations of Power, Adaptive Blindness and Betrayal Trauma Theory. *Feminism and Psychology*. Vol 7. 22-32.

<https://embodiedwisdom.pub/paic-resources/>

<http://cultresearch.org/recommended-reading/>

an extensive reading list on cults and their influence.

Interim report from Project Satya into abuses in Sivananda Yoga:

https://drive.google.com/file/d/1kbwkEFuS3wh5UwtPreJUSN9zF_al-YUQ/view?fbclid=IwAR1ivka1hFzx5q-ofjcajTRSyho2FM6rZlbrGn2pfGB2V4VVot_dErBNGg0

Matthew Remski's work is recommended:

His book: *Practice and all is Coming: Abuse, Cult Dynamics and Healing in Yoga and Beyond* and online articles:

<https://gen.medium.com/how-a-metoo-facebook-post-toppled-a-yoga-icon-c25577185e40>

on the process of uncovering the Sivananda Yoga Abuses

http://matthewremski.com/wordpress/2019-yoga-buddhism-accountability-roundup-like-waiting-for-government-action-on-climate-catastrophe/?fbclid=IwAROE7MDrAWx-PFMPtD1MWYMGkoACYmhvnFvRX6PmGcxWNmzo4r0Nk_r788

Matthew Remski's invaluable round up of abuses revealed in yoga in 2019

<http://matthewremski.com/wordpress/category/cult-dynamics/>

ALSO

<https://transformharm.org>

Site recommended by Christie Roe, full of thoughtful reflection and practical guidelines, for example:

<https://transformharm.org/9-ways-to-be-accountable-when-youve-been-abusive/>