

IN-PERSON AND VIRTUAL SPEAKING | AVAILABLE FOR TRAVEL FROM DURHAM, NC

Check availability by [setting a free consultation](#) or directly emailing laura@warriorposeyoga.com



Laura Phoenix

Wellness Speaker | Somatic Experiencing Practitioner, Yoga Teacher, and Healing Professional

Speaker Bio

Laura Phoenix (she/they) is passionate about helping people tap into the body's role in how we feel and how we heal. As the founder of [Warrior Pose Yoga & Healing](#), Laura has guided thousands of people to discover new ways of feeling better, safer, and more able to grow alongside the trauma they carry.

As a Somatic Experiencing Practitioner (SEP), certified yoga teacher, and healing professional for more than 10 years, she emphatically welcomes humans of all shapes, races, and genders to her practice. In addition to her deep professional experience, Laura is also an abuse and trauma survivor who trusts in healing yoga and bodywork to guide herself forward. Personally, she comes to this work as a cis-ish, queer, white, able-bodied, neurodivergent human – honored to hold space and learn from the diverse perspectives of the folks she serves. Rooted in Durham, NC, Laura finds caring for others in a difficult world to be powerful and beautiful.

Beyond healing work, Laura loves running in the first morning light, planting in her garden, and drag queens.

Headshots & Photos for Event Marketing

Download my headshot and other brand photos [here](#)

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Topics (Most Requested)

- Yoga For Trauma Recovery (general audience)
- Yoga For Trauma Recovery (trauma care professionals)
- Embodiment Practices for Trauma Recovery

Featured Appearances

- PDA North America, Orange County Rape Crisis Center, Durham VA Medical Center, Low Demand Parenting Summit

General Audience Presentations

Yoga Tools for Trauma Recovery

Intro to Yoga for Trauma Recovery

Webinar/workshop including guided practice

Standard length: 50 min + 10 min Q&A (1 hr); Available in other formats

Learn how an evidence-based approach to yoga can reduce post-traumatic stress. Includes a short guided practice.

- Nervous system regulation; how does it work?
- How dysregulation affects individuals, family systems and communities
- What yoga for trauma recovery is (and is not)
- Guided practice
- Q&A

Yoga for Trauma Recovery

Movement As Medicine

Yoga For Trauma Recovery

Workshop series including guided practices and discussion

Standard length: 90 min, series of 2, 4 or 10 weeks; Available in other formats

Participants will learn about why and how a simple movement practice is valuable for healing trauma. We'll learn about and do an evidence-based approach to yoga for post-traumatic stress reduction. All are welcome.

- How post traumatic stress changes the brain and what can we do about it
- What yoga for trauma recovery is (and is not)
- Longer series include exploration of attachment theory through a somatic lens
- Guided practice
- Q&A

What Is Somatic Experiencing?

Optimizing the Body's Role In How We Feel & Heal: Somatic Tools for Trauma Recovery

Workshop/webinar

Standard length: 50 minutes + 10 min Q&A (1 hr); Available in other formats

When we feel badly, it isn't only in our minds or in our behaviors—but in our bodies that the pain is found. When that pain comes—in whole or in part—from unresolved trauma, our bodies are a powerful site for recovery. Learn about the body's role in how we feel and how we heal through the practice of Somatic Experiencing.

- Explore the science of mind-body connection
- Learn to feel the shifting state of your nervous system response—before you're too charged to make a change
- Connect to yourself through practice shifting from thought to body sensation

Trauma Care Professional Presentations

Yoga Tools for Trauma Recovery

Intro to Yoga for Trauma Recovery

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Trauma and Memory

Felt Sense and Why It Matters Implicit Memory, Interoception and Healing

workshop/webinar

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Somatic approaches to healing trauma like Yoga For Trauma Recovery/TCTSY and Somatic Experiencing, among others, are growing in popularity as their efficacy become more widely known.

- Participants will learn about types of memory, how the brain processes and stores memories
- Brain structures most relevant to memory
- How trauma affects memory consolidation—and how we can restore greater wellbeing through working with felt sense