

SPLIT · CROATIA

Trauma Training in Croatia 2027

8-14 September 2027

What if understanding trauma could transform the way you teach, connect, and hold space? Join Dawn Thie and Sarah Woods for an embodied training that explores how trauma shapes the brain and body and gives you practical tools to support others with confidence and care.

A week in Split

Training highlights

- Neurobiology of trauma and stress
- Nervous system regulation and resiliency
- Polyvagal Theory and social engagement
- The psoas muscles and the stress response
- Grounding, connection, and trauma-informed practices to hold space

Inclusions

- Private transfers to and from Split Airport
- 6-night stay at a 4-stars seaside hotel
- Daily breakfast and dinner (beverages not included)
- Private morning tour of Split and Diocletian's Palace, discovering the fascinating history and timeless beauty of the city
- Half-day boat excursion experiencing the beauty of Croatia's coastline and islands from the sea with stops in Trogir and Blue Lagon with onboard light lunch included

Price & Conditions

USD 3,990.00 in double occupancy with private bathroom.

Limited spots available. Register with a deposit to reserve your spot.



Dawn Thie

E-RYT500, YACEP, WARRIORS AT EASE TEACHER

Dawn Thie is a trauma-informed yoga educator and teacher trainer specializing in the mind-body effects of trauma, nervous-system regulation, and the psoas. Her studies include advanced work with Warriors at Ease, Sherry Sidoti, and psoas expert Liz Koch. Dawn blends yoga philosophy, movement, breathwork, meditation, neurobiology, and somatic practices to support resilience, connection, and personal agency. She leads retreats and trainings for yoga teachers, wellness professionals, and others seeking practical trauma-informed tools.

dawnthie@gmail.com



Sarah Woods

E-RYT500, YACEP, SOUL TREE STUDIO OWNER, TRAUMA INFORMED YOGA TEACHER TRAINING LEAD

Sarah Woods is a Yoga Alliance Continuing Education Provider and teacher trainer focused on trauma-informed yoga. As lead educator for Soul Tree School of Yoga's Trauma-Informed Teacher Training, she helps teachers understand how trauma can affect the body, nervous system, relationships, and lived experience. Her approach is grounded in compassion, choice, and supportive learning environments. Sarah also created Yoga for Grief, Yoga to Ease Stress & Anxiety, and Intuitive Touch: Energetic Assists Training.

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Scan the QR code to visit the retreat page.