

Interview Questions for Lauren Walker



What is the difference between Energy Medicine Yoga and regular yoga?

What is the difference in how the body deals with emotional trauma versus stress?

Why do you say that healing trauma is the most important thing to do in the world today?

You talk about the need for Cortisol in the body, isn't cortisol a bad thing?

Some studies have shown that trauma could pass from generation to generation. How do we stop this from happening?

Does childhood trauma always lead to adult challenges?

How can we effect healing without reopening the wound?

What are aspects of nature could help us heal stress that we can tap into right now, wherever we are?

Do we all have the energy within us to heal from the effects of stress and trauma?

Why now? Why are we talking about healing and the energy to heal now?

Interview Questions (continued)

What role could personal ritual and ceremony play in healing our trauma?

Is generational trauma a real thing? How does trauma really pass from generation to generation? How can we stop it?

How does loneliness affect our ability to heal? What is the role of community in healing?

You write a lot about gratitude and the power it holds, can you talk more about gratitude as an aid for healing?

How do habits play into stress and trauma?

I've never done yoga before and I've never wanted to, can I still do this?

Is this a substitute for seeing a therapist?

Out of all the things you teach, if you had to choose just one, what would it be?