

Etel is a Special needs Yoga therapist. She believes that each one of us is hosting an inner child with unmet needs. She is giving special needs yoga trainings to yoga and special education teachers.

On her journey to healing humanity, she is giving CI sessions based on inquiring compassionately and with curiosity, what happened to us when we were kids.

Trainings

Zeynep Aksoy Cornwell Yoga training (200 h.)

Yogabugs ve Yogadup Kids and teens yoga training

Jo Manuel Kids and teens yoga training

Jo Manuel Special needs yoga training

Birthlight Baby yoga training

Uma Dinsmore Tuli Pregnancy yoga training

Sarah Powers Yin Yoga training

David Swenson Ashtanga Yoga training

Tias Little Yoga training

Chris Chavez Yoga training (200 h)

Hart Lazer Advanced yoga training and yoga therapy training (300 h.)

Mark Kaan Yoga training (40 h.)

Precious workshops with Godfrey Devereux, Richard Freeman, Chuck Miller , David Garrigues and Maty Ezraty .

She worked as a volunteer in Çapa Faculty with children with cancer. In İZEV (Foundation for teens with special needs) she taught yoga to teens for almost 10 years.

Ayurvedic Training (Ürün Kurtiç)

Family Constellation training part 1.(Svagito R. Liebermeister)

Learning to love seminars (Thomas ve Amana Trobe (Krishnananda)

Introduction to Gestalt perspective (2 years Hanna Nita Scherler)

Compassionate Inquiry 1year training (Gabor Mate)

Compassionate Inquiry 6 months Mentorship program (Gabor Mate)

Compassionate Inquiry Internship training in progress (Gabor Mate)

The body keeps the score training (Bessel Van Der Kolk)

Traumatic Stress Studies training in progress (Bessel Van Der Kolk)

Somatic IFS parts work (Frances Booth)

Polyvagal informed practice (Deb Dana) still in training

About Compassion Inquiry

The process of CI. Invites us to look at the stories we tell ourselves unconsciously. Once we recognize the beliefs we have been carrying and where they originated, we can open to the possibility of realizing them. It is a journey to our true selves. As the body keeps the score, she invites the client to notice the sensations in the body and to give them space. She is holding the space, honoring the client's space and being present.

In CI sessions, besides breath techniques and yoga; she uses Somatic IFS approach (a compassionate approach which allows every part to express itself) , self regulation techniques and Polyvagal Theory (practice of shaping kindly the nervous system so that it feels safe and discovering our resources and strengthening them).