



ACC Trauma Informed Yoga Group Therapy Courses

A class for everyone

What's in it for you?

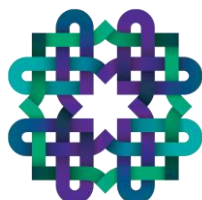
When we experience trauma, it is not just the mind that is affected. The body is too, it can often feel unfamiliar or even unsafe, and so our minds can easily disconnect. That can make experiencing life challenging. One way to move towards recovery is to reconnect and reclaim the body as our own through trauma informed yoga and movement.

Trauma informed yoga method is an approach to creating a safe, supportive space in which students can learn emotional regulation skills through connection with the breath and increased body awareness including grounding, self-awareness, managing the stress-system and reducing the fear response.

Trauma-informed yoga encourages individuals to reconnect with the physical body and notice sensation, which is essential for wellbeing. The approach aims to empower individuals, and to engage in an activity that supports the development of safe and supportive relationships.

What is the aim of Trauma informed yoga

- Gain a greater awareness of their body
- Developing skills of self regulation to build our resilience
- Exploring ways of finding safety in our mind and body
- Help to release tension (trauma) stored in their body
- Learn to recognise and tolerate physical sensations
- Develop a positive relationship between mind and body
- Increase awareness of our internal, felt experience
- Help improve anxiety, stress, low mood and worry
- Live in the present moment
- Rebuild and strengthen relationship to self and others that is authentic and safe



What can you gain from attending the groups?

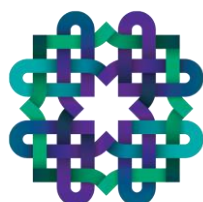
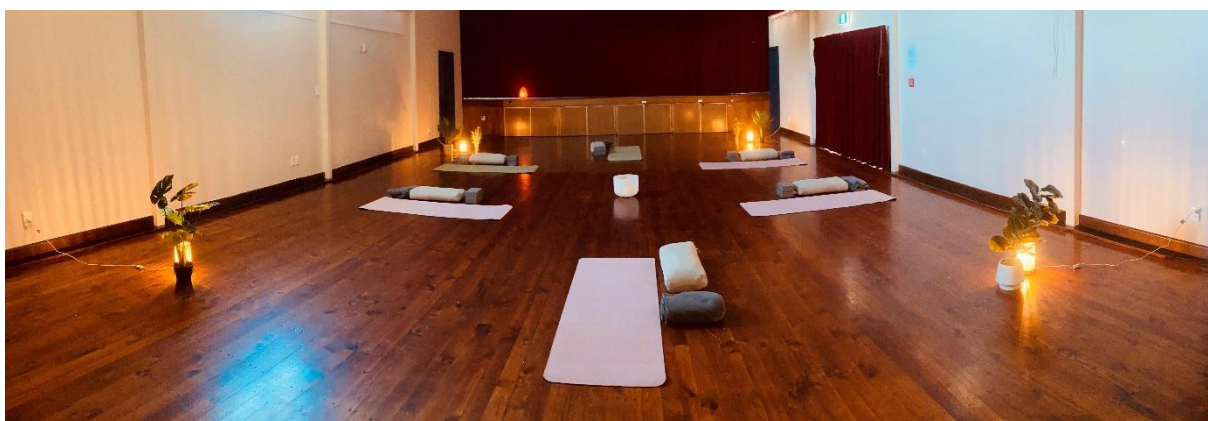
- Our TIY courses further support mind-body healing and emotional regulation to aid with trauma recovery.
- **Educational handouts** provided for all skills and yoga sequences, for the individuals to practice outside of class
- Classes offer individuals to learn and experience emotional regulation skills through breathwork, somatic techniques such as **EFT tapping, Havening, Brainspotting and EMDR**
- Classes offer the space for individuals to learn and experience **mudras** and **sound healing**
- Individuals can **make up missed classes** within the term by attending another class
- Online classes offer the space for individuals to **attend anonymously**.
- Suitable for clients from all fitness level, age, gender identities, health issues, no experience needed
- **Adolescents 14+** are welcome to attend all classes in person and online

Through ongoing classes within the course, the aim is to simply learn to notice how you feel in any given moment, develop greater confidence in choice making, and then take effective action based on your choices, to increase your sense of personal safety and feel empowered within, knowing you are listening to what is right for you.

Because it is not a 'traditional' yoga class, there is no emphasis on 'the perfect pose' or 'getting it right'. We move slowly from one yoga form to another, giving time for 'resting'. Any yoga forms offered will be verbally instructed and visually shown - As suggestions only. The facilitator's will not touch you to make any physical 'adjustments' to your chosen yoga form, nor offer any verbal 'corrections'. We merely accept that whatever form you are in, is because you have chosen this as being right for you at that time, and we respect your right to do so - knowing there is no 'wrong' way in Trauma Informed Yoga Therapy practice.

We endeavour to support you to explore what healthy boundaries and assertiveness looks like through movement and reconnection to your body, within a safe environment.

New Venue: Now located at Risingholme Hall in Opawa. parking are at 99 Hawford Road carpark
It's a beautiful space that's warm, quiet, surrounded by nature and has plenty of nearby parking.



2 attendance options

In person in Christchurch

Online available New Zealand wide

5 different classes available

Level 1 and 2 Yoga

Level 1 and 2 Chair Yoga

Yoga Nidra

Term Dates: Term 4 October 15-17 to December 10-12 2024

Term 1 January 28-30 to March 25-27 2025

	Tuesday	Wednesday	Thursday
10.00am	Level 1 Yoga	Level 2 Yoga	Level 1 Yoga
11.30am	Level 1 Chair Yoga	Yoga Nidra	Level 2 Chair Yoga
1.30pm - online	Level 2 Yoga Online	Level 1 Chair Yoga Online	Level 1 Yoga Online
2.45pm - online	Level 2 Chair Yoga Online		
5.30pm - online	Yoga Nidra Online	Level 1 Yoga Online	Level 2 Yoga Online

Term 1 2025

You can continue to engage in groups during the transition period. Great opportunity for you to use up group hours and continue your healing journey. Uncertainty when groups will be starting in 2025 under the new the Sensitive claims service.

- You will need to stay on the current **ISSC** contract until the group has finished
- Once the group finishes, you will be support by your therapist to transition onto the new Sensitive claims service
- PO will need to be approved by the 20th November

Term 1 January 28-30 to March 25-27 2025

	Tuesday	Wednesday	Thursday
10.00am	Level 2 Yoga	Level 1 Yoga	Level 1 Yoga
11.30am	Level 2 Chair Yoga	Yoga Nidra	Level 1 Chair Yoga
1.30pm - online	Level 1 Yoga Online	Level 2 Chair Yoga Online	Level 2 Yoga Online
2.45pm - online	Level 1 Chair Yoga Online		
5.30pm - online	Yoga Nidra Online	Level 2 Yoga Online	Level 1 Yoga Online



About the classes

No prior yoga experience is required to enrol. No special yoga clothing is required - You may wear any clothing that you feel comfortable in and allows you to move freely without discomfort. All yoga mats, props, weighted bags and blankets are supplied, but you may bring your own if you prefer.

You are also welcome to change to another course day/time or style during the term should this be more suitable/preferred.

Level 1 and 2 classes

Level 1 is for any abilities and you do not need to have engaged in yoga before. The difference being for Level 2 participants is that the emotional regulation skills become more advanced and the degree of intensity of yoga forms gently increase in difficulty, as your strength and flexibility increases from the Level 1 course.

Level 1 and 2 Chair classes

Participants who have physical limitations due to past injury or recovering from surgeries, have difficulties with moving their body, balance or mobility issues, may benefit from attending our specific Chair based classes offered in both Level 1 and 2 courses. This can support gently increasing physical strength and flexibility in a safe way, where all movements are done whilst seated in a chair. You are welcome to graduate to our general yoga mat based Level 1 and 2 courses when ready.

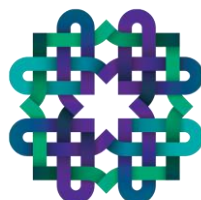
Yoga Nidra

Yoga Nidra literally means yogic sleep. It is an ancient technique where the participant enters a deep state of 'conscious' relaxation. It is a systematic practice of no body movement, whilst bringing awareness from our 'external' world to our 'inner' world. It brings us to a state of 'deep sleep' whilst actually being awake – where our senses, intellect, and mind relax simultaneously. Although you may feel very relaxed in body and mind, you will also feel quite awake and aware of yourself at the same time, which maintains a felt sense of 'safety'. This practice is particularly beneficial for people who have experienced trauma and live in a constant state of feeling unsafe, to learn to comfortably experience feeling safe within. It is excellent for people having difficulty with sleep, relaxation or pain issues or do not wish to attend an exercise-based class.

It is essentially a very gentle style of deep relaxation form of yoga where you lie (or sit) still and comfortably on a yoga mat covered with a blanket to maintain a felt sense of warmth for the class, whilst you are guided through specific meditation practices. You may have your eyes gently open or closed – whichever you prefer, as there is no right or wrong way to practice Yoga Nidra.

Online courses

Level 1, 2 (including Chair based) and Yoga Nidra courses will all be available via Online formats nationally. Classes will be accessible via video link and the link for each class will be emailed to participants 10-15 minutes prior to the class start time.



Anonymous online classes available for clients, ACC staff and health professionals: Any client, ACC staff member or health professional who wishes to attend online classes can do so anonymously to ensure privacy. All clients participating have the option of joining the video link without sound/camera, and can also use a pseudonym name to remain confidential to other participants if they choose. This can be discussed in more detail upon enrolment if this option is preferred.

Should you feel you require the support of the therapy facilitator during the class – please reach out to Lili via text or phone call.

How to enrol

- The groups are for participants who have an accepted ACC 'sensitive claim' due to experiencing sexual trauma or, have an accepted 'mental injury' under a physical injury claim.
- You are required to be attending therapy with an ACC therapist to meet ACC eligibility for full funding.
- There is no cost to you to attend the course.
- You are interested in joining one of the classes you may like to fill in the online enrolment form <https://www.sapsych.co.nz/enrolment-chch-online>
- The other option is speaking to your therapist and let them know which class, day and time you would like to join

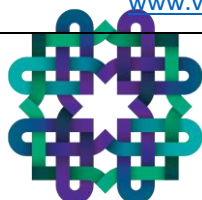
Our Trauma Informed Yoga Facilitators



Sonya McCullough is a registered Occupational therapist, group facilitator and has experience working with ACC clients since 2017. Sonya has worked within the mental health field for over 20 years and facilitated therapeutic groups within hospitals and community settings. Sonya has a Master's degree in Health studies and has trained in various somatic therapy methods including Brainspotting, Havening Technique and EFT Tapping. Sonya has completed Foundational Trauma Centre Trauma Sensitive Yoga (TCTSY), Sensory Enhanced Yoga for Self-Regulation and Trauma Healing with additional certifications in Trauma Informed Yoga, Yoga Nidra and sound healing. Sonya has completed 200hr Yoga Teacher Training, she is currently completing 300 hours Yoga teacher training. Sonya has completed Trauma informed yoga for children and adolescents and yoga anatomy and physiology for children and adolescents.

Sonya started her journey with somatic healing 4 years ago. Finding somatic healing and trauma informed yoga, movement and bodywork practices were like finding a missing piece to a puzzle in supporting people on their healing journey. Sonya specialises within this field to help others regain a sense of safety within and to begin the healing journey in their mind and body. As well as exploring the importance of creativity, she enjoys learning and allowing her practice and teaching to evolve. Sonya continually integrates new knowledge and insights into her teaching around somatic healing, yoga and sound healing. With Sonya's nurturing energy, classes are grounded in an approach that is about the refinement of natural movements which underlie safe and inclusive practice. This means a deep transformation on an identity and wellbeing levels, more inner connection and self-acceptance, deeper sense of self-trust, self-compassions and empowerment. Sonya is dedicated to guiding others towards finding their own healing journey.

027 444 0873 - sonya@vibrantmindtherapy.com
www.vibrantmindtherapy.com





Lili James is a registered counsellor, group facilitator and accredited EMDR therapist. Lili has a Post Graduate Diploma in Counselling Theory, Bachelor of Counselling, Diploma in Trauma Management and Diploma in Psychology. Lili has been working as a therapist for over a decade, specialising in working with trauma and EMDR therapy. Lili has completed a trauma informed yoga certification and has facilitated therapeutic groups for adults in local agencies and universities. Lili believes in the deep connection between mind, body and soul, seeing somatic therapies as integral to one's healing from trauma. During the term Lili teaches emotional regulation strategies, breath exercises and mudras as well as holding a safe, warm and therapeutic space for clients. Yoga has been an integral part of Lili's life for over a decade, practising weekly and enjoying the physical and mental benefits of regular practice.
027 938 9465 mindfulprocesstherapy@gmail.com

