

# Trauma Informed Yoga Group Therapy Classes



## 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
- Develop a positive relationship between mind and body
- Greater self-esteem and confidence
- Help improve anxiety, stress, low mood and worry
- Live in the present moment
- Improved quality of sleep
- Being more present in the moment

You may be eligible for ACC fully funded Trauma Informed Yoga Group Therapy Classes if you have an accepted '**Sensitive Claim**' from past sexual trauma or have an accepted '**Mental Injury**' from a physical injury claim. Talk with your ACC therapist who can assist in enrolling you for one of our group classes starting soon! **Adolescents 14+** are welcome to join the in person and online classes.

We have different courses available – **Level 1 and Level 2 Yoga** (including specific gentle stretching **Chair based**). **Yoga Nidra** classes are a deep relaxation style which can help with sleep, relaxation stress and anxiety. You will also learn various emotional regulation techniques which are included with each class, to further support daily life coping skills.

Courses run year-round within the 4 school terms for 9 weeks each, with weekly 1-hour classes – including in person within Christchurch or online nationally.

No previous yoga experience is necessary. People with all fitness levels, health issues and gender identities are welcome. For more information or to arrange enrolment, please request your therapist to email South Coast Psychology ACC supplier on [referrals@southcoastpsychology.co.nz](mailto:referrals@southcoastpsychology.co.nz) or, complete our online enrolment form via <https://www.sapsych.co.nz/enrolment-chch-online>.

To find out more

Sonya's website: <https://www.vibrantmindtherapy.com/>

If you have specific questions about the courses, please contact either:

Sonya McCullough on 027 444 0873 or [sonya@vibrantmindtherapy.com](mailto:sonya@vibrantmindtherapy.com)

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