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**ACTIVATE PSYCHOLOGY & CHRISTCHURCH YOGA**

**TRAUMA SENSITIVE YOGA**

**GROUP FACILITATORS: Rebecca Boot-Yoga Teacher**

 **Emma Hockley-Psychologist**

**8 WEEK IN PERSON CLASS FOR WOMEN**

**TWO CLASSES AVAILABLE**

**MONDAYS**

**1.00-2.00PM**

**September 16th – November 4th , 2024**

**TUESDAYS**

**1.00-2.00PM**

**September 17th- November 5th, 2024**

**THE PIKO STUDIO-229 KILMORE ST**

* Trauma Sensitive Yoga Classes in a comfortable safe environment
* Using gentle and mindful movement to help clients reconnect to their body and move in ways that feel helpful.
* Safety is paramount and, in these sessions, clients are provided with flexibility in how to participate in the movements, and a variety of options will be available to support both their physical and emotional comfort.
* Using invitational language and education on self-permission, it is possible to enjoy an overall improvement in ease, wellbeing, and security.
* Catering for all abilities
* Class numbers will be limited to provide a safe and supportive environment.
* This is non-religious, nor is it affiliated with any Yoga style.

**GROUP FACILITATORS**

**REBECCA BOOT**

[**Therapeutic Yoga | Christchurch Yoga**](https://www.christchurchyoga.co.nz/therapeutic-yoga)

Rebecca is Yoga Alliance Certified EYRT 200.

She has completed: RSA Yoga Teacher Training (London UK); Level 2 Yoga Nidra teacher; 50hrs FlyHighYoga Teacher Training; Level 3 Thai Yoga Massage Therapist; Obstetrics and Pregnancy 100hrs Yoga Teacher Training; 40Hrs Trauma Sensitive TCTSY foundational Training.

Rebecca is a Registered Yoga Teacher, Nurse, and Midwife, she is passionate about facilitating a personalised approach for everyone in a way that is unique to their body, mind, history and hopes. She draws from her experience as a Nurse and working with varying levels of Trauma.

Rebecca is a sensitive, warm, and knowledgeable teacher, with an extensive experience in health, well-being, and holistic practices.

Through the integration of mindful movement, breath practices and body awareness, Rebecca will support you to cultivate a positive relationship with your body and bring connection to the present moment.

**EMMA HOCKLEY**

**Psychologist**

[www.resourcefulyou.co.nz](http://www.resourcefulyou.co.nz)

Emma is a Registered Psychologist in NZ (and a Chartered Psychologist in the UK). She has many years’ experience working with mental health and trauma including through ACC and within injury rehabilitation settings. She has developed and facilitated Persistent Pain Groups. As well as cognitive behavioural therapies she uses somatic (body) -based therapies such as EMDR with clients. She has completed Foundational training in Trauma Centered Trauma Sensitive Yoga.

Emma believes that talk therapy and trauma education are only a part of recovery. Trauma remains in the body and so the body needs to be included in the work of healing. Trauma Sensitive Yoga is a gentle way of doing exactly this: calming and strengthening the nervous system through re-establishing choice, present-moment awareness, and a sense of safety.

Emma is a warm, calm and encouraging practitioner. She will be in class to support you and afterwards if helpful. Emma will contact and triage clients prior to the start of the group.

**FOR INFORMATION AND A REGISTRATION FORM CONTACT:**

**Sue Sidey**

**Activate Psychology**

**sue@activatepsych.nz**

**FOR LEAD PROVIDERS:**

* **Please email the following information:**
* Clients full name
* Clients DOB
* Clients email address andcontact phone number
* Lead therapist name and contact details
* **When applying for approval:**

Name of group work, start date, hours, provider and vendor ID and rationale for this session - on client's covered injury/goals.

* **Vendor: Activate Psychology**
* **Vendor Number: G09892**
* **Group based therapy triage: SCGT**
* **Group-based therapy: SCGW x 12**