 ****

**ACTIVATE PSYCHOLOGY & CHRISTCHURCH YOGA**

**TRAUMA SENSITIVE YOGA**

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

**Nishal Pinto-Clinical Psychologist**

**8 WEEKS IN PERSON MEN’S TSY GROUP WITH REBECCA AND NISHAL**

**Thursdays 4.30pm-5.30pm**

**October 16th - December 4th 2025**

**THE PIKO STUDIO-Upstairs-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.

**NISHAL PINTO**

**Clinical Psychologist**

Nishal is a registered clinical psychologist with the New Zealand Psychologist Board. With over a decade of experience in trauma treatment, including five years working with ACC-funded services, he has a thorough understanding of the complexities men face in processing trauma. Nishal has successfully led group-based psychological interventions, establishing a strong foundation for creating safe, collaborative, and growth-oriented environments. His therapeutic approach is grounded in evidence-based psychology, while also incorporating insights from traditional yogic philosophy and mindfulness practices.

Originally from India, the birthplace of yoga, Nishal brings both personal and professional insights to his practice. His lifelong commitment to yoga, viewed as both a spiritual discipline and a therapeutic tool, has been seamlessly integrated into his psychological training and clinical work. He has also completed training in trauma-centred trauma-sensitive yoga. Nishal facilitates a supportive space specifically designed for men to reconnect with their bodies, release trauma, and cultivate emotional resilience through the combined power of yoga and psychology.

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

**ACTIVATE PSYCHOLOGY**

**GEORGINA BATHGATE:** [**GEORGINA.BATHGATE@GMAIL.COM**](mailto:GEORGINA.BATHGATE@GMAIL.COM)

**SUE SIDEY:** [**SUE@ACTIVATEPSYCH.NZ**](mailto: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: SCSGTT x 1**
* **Group-based therapy: SCSGT x 12**