



Lead Practitioner / Client Information Sheet

Sara & Lisa invite you to join our

6 Week Trauma Sensitive Yoga course in Methven

For a Vagal Nerve Reset.

The course will create a safe and calming space to help regulate the autonomic nervous system, giving time and space to the mind and body using breath, gentle movement, and mindful meditation to fully embody a sense of calm. Over the course of 6 weeks we will practice paced breathing, movement and mindful meditation each week, and enter into a healing state of relaxation. Once this is established we develop resilience and confidence and the ability to manage life in balance.

In this body-based course participants are encouraged to practice self-agency and make choices around suggested postures and movements that are comfortable for them. This approach can help individuals feel more empowered and in control, which is crucial in trauma recovery. Breath work is invited to help reduce the state of hyper arousal, anxiety and intrusive thoughts. By bringing conscious awareness to our breath we are able to reconnect with our body, and also enables us to slow down our autonomic nervous system activating the parasympathetic nervous system bringing a sense of calm and safety. By practicing present moment awareness, trauma sensitive yoga can help reduce dissociative experiences common in trauma survivors. Trauma sensitive yoga can improve self-regulation and emotional stability, helping trauma survivors cope with overwhelming emotions.

Previous Clients have found this course helpful to help alleviate symptoms of Exhaustion, Chronic Pain, Mental 'Fog,' Adrenal Fatigue, and Vagal Nerve Shutdown. All common symptoms of PTSD and the over worked brain in the hyper aroused or dissociated state. Clients have also enjoyed the support and connection of coming together in a group, however there is no need to talk or share in the group as this is your own internal practice.

When: 6 Week Course Starts Wednesday 14th August 12-1.30pm
Where: Methven Resort, Main St, Methven



Trauma Sensitive Yoga is an evidence based practice reporting benefits of:

- Feeling Calmer
- Feeling Relaxed
- Improves regulation
- Better Sleep
- Reduces Stress
- Activates the Parasympathetic
- Calms the Gut / Digestion
- Reduces Chronic Pain
- Increases Energy
- Rejuvenates the body
- Improves Memory & Concentration
- Reduces Dissociation
- Reduction of Anxiety & Depression
- Reduces feelings of Overwhelm
- Improves overall mood
- Reduction of Hyper Arousal
- Reduction of Intrusive Thoughts

Mindful Meditation will also foster a greater sense of:

- Feeling Safe in yourself
- Trusting in yourself
- Greater awareness of your breath
- Being more present and in the moment
- Greater sense of Self-Compassion
- A sense of Curiosity
- Acceptance
- Appreciation
- Self Esteem / Self Image
- Loving Kindness
- Moving into a larger window of Tolerance



We draw upon the influences of Polyvagal Theory, Neuroception & Interoception, Mindfulness (MBSR), Paced Breathing, Relaxation & Meditation for a Vagus Nerve Reset.

Your facilitators for this course are:

Sara Scott Is a Registered Social Worker, Hypnotherapist & Psychotherapist from the UK She has completed the 20Hr TCTSY Training and works as an ACC ISSC Counsellor. She has over 18years experience facilitating Relaxation classes combined with Yoga and Mindfulness. Throughout the session Sara offers gentle suggestions to keep awareness, and insight developing with the pieces of work you may be doing, followed by a deeply relaxing guided meditation. Sara has enjoyed seeing the rise in Embodied Trauma Recovery care over the last decade, and incorporates many modalities within her Trauma recovery model. Sara will be in class to support you if you need some help and will also meet with you prior to the start of the course to be sure the course is right for you.

Lisa Meehan is a Qualified Teacher, Massage Therapist and a Yoga Instructor with 12 years experience teaching Yoga, and has completed the SomaPsych 100Hr Trauma Informed Yoga Training in NZ. Lisa comes from a teaching background that encourages the Whole of self to be activated which she draws upon in her therapeutic yoga classes to create a greater connection with our own bodies. Lisa has a bright light energy, and is creative in adapting her sessions for comfort and moving into restorative movement and breathing technique to focus the mind, and release tension from the body. Lisa will keep you updated on the course details, and what you need to bring to be comfortable.

The group is available to ACC Clients with an active Sensitive Claims Wellbeing Plan and engaged with a therapist. Please use the details below to request funding and a space on this course. A Triage session will be arranged to check for suitability for this course.

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FOR INFORMATION AND A REGISTRATION FORM CONTACT:

Sue Sidey - Activate Psychology

sue@activatepsych.nz

[03 3717575](tel:033717575)

FOR LEAD PROVIDERS:

- **Please email the following information:**
 - Clients full name / Claim Number
 - Clients DOB
 - Clients email address and contact phone number
 - Lead therapist name and contact details

- **When applying for approval:**
 - In the Wellbeing Plan/Progress report please request Trauma Sensitive Yoga (TSY) group with your rationale.
 - *We can provide a basic rationale for you to incorporate with your clients individual needs and goals.*
 - Vendor: Activate Psychology
 - Vendor Number: G09892
 - Group based therapy triage x 1 hour: SCGT2.
 - Group-based therapy x 12 hours: SCGW

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