



TRAUMA SENSITIVE YOGA METHVEN 6 WEEK IN PERSON GROUP CLASS

Dates: Weekly on these dates: 23rd, 30th September
Then a gap for school holidays resuming on the
21st, 28th, October and the 4th & 11th November.
Day and Time: Monday 6-7.30pm
Venue: Methven Resort, Main Road, Methven

For a registration form:
email: sue@activatepsych.nz

For ACC PO's Please request:

Triage by Facilitating Therapist: SCGT x 1
Trauma Sensitive Yoga Group: SCGW x 12

FACILITATORS:

Sara Scott Is an ACC ISSC Counsellor & Registered Social Worker, Hypnotherapist & Psychotherapist from the UK. Sara has worked in the field of Trauma recovery for the last 8 years, and has worked in clinical practice for the NHS in the UK, and OT, PHOs and Private Practice in NZ as a family and relationship counsellor since 2006. She has completed the 20Hr TCTSY Training and has over 18years experience facilitating Relaxation classes combined with Yoga and Mindfulness. Sara also has Trauma Recovery, Reiki II, Hypnobirthing (NZ) and Imago Relationship training to add to her, Relaxation and Mindfulness training. Throughout the sessions 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.

When: 6 Week Course Starts Monday 23rd September 6-7.30pm
Where: Methven Resort, Main St, Methven



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.

This 6-week Trauma Sensitive Yoga course is a conscious embodied healing. Accessing the body senses, by noticing, viewing through beginners mind, and staying present with feelings in the body. This course aims to introduce yoga in a way that supports participants to notice what they feel in their body and enable a sense of reconnection to the self in movement, breath and relaxation. Developing Trust, Self-Compassion and Curious Mind, With the aim to develop confidence and ability to understand and manage your internal and external state. in moving in a way that feels safe and empowered.

EQUIPMENT PROVIDED

- Mats are available at this venue, if you have your own please bring it along
- Blocks and Blankets are provided
- Chairs are provided.
- Changing room if required.

Please Bring

- Bring pillows and your own blanket for comfort if you prefer
- Wear comfortable warm clothing you can stretch comfortably in,
- Socks for the relaxation section of the session