



## Trauma-Sensitive Group Yoga Program

Our Trauma-Sensitive Yoga (TSY) Program supports those who have survived trauma and are seeking yoga practices as an adjunctive to clinical or therapeutic treatment. Our TSY program is delivered online by facilitators who are trained in the empirically-validated Trauma Centre Trauma Sensitive Yoga (TCTSY) method.

Trauma-sensitive yoga looks and feels quite different to regular yoga. This is because it is grounded in five key principles:

- Choice - participants have the autonomy to choose how they move their bodies and engage with the practices.
- Interoception - sessions are characterised by an emphasis on function over form; i.e. noticing sensations in our bodies and being guided by what we notice (as opposed to adhering to strict and/or generalist yoga alignment cues).
- Shared authentic experience - the facilitator practices along with participants to create a safe enough space for movement, breath and exploration. We are all learning together.
- Non-coercion - the facilitator acknowledges that each participant is the expert of their own experience. Our facilitators use invitational language, practice cultural humility, acknowledge and work towards minimising any teacher/student power dynamics, and focus on the accessibility of the practice.
- Present-moment experience - throughout the session, there are opportunities to practice being present with our bodies, sensations, emotions and breath. If this becomes too much at any point, we return to anchors and resources that stabilise and contain.

### Our Approach

Our approach to program design and facilitation is strengths-based, trauma-informed, mental health aware and gender and culture responsive. The structure and content of our programs is informed by research and education regarding the intersection between these frameworks and somatic, mindfulness and yoga-based practices. We are a proudly LGBTQIA+ affirming organisation and our sessions are inclusive of all bodies and all needs.

Participants in our program receive additional support through pre-recorded video content and a digital handbook of yoga and somatic resources to use at home.

### What is TCTSY?

The TCTSY methodology is based on central components of the hatha style of yoga, where participants engage in a series of physical forms and movements. Elements of standard hatha yoga are modified to maximize experiences of empowerment and to cultivate a more positive relationship to one's body. Although TCTSY employs physical forms and movements, the emphasis is not on the external expression or appearance (i.e. doing it "right"), or receiving the approval of an external authority. Rather, the focus is on the internal experience of the participant. This shift in orientation, from the external to the internal, is a key attribute of TCTSY as a complementary treatment for complex trauma.



### **How do I access the online sessions?**

The course will be facilitated online via Zoom. We will email you the link and password to the meeting with your registration confirmation.

You will also need to register on Zoom to attend the course. Making this group registered ensures the security of the group. If you are using your phone you will need to download the Zoom App in order to access the sessions. It may be useful to attend the first session early to allow time to explore the program.

When you arrive at the session, there will be a microphone and camera button in the bottom left corner of your screen. You are welcome to click on these to either mute/unmute yourself or to turn your camera on or off, it's entirely up to you. We will however need to mute the microphones while the sessions are in process to ensure the best sound quality.

### **What do I wear?**

Wear something comfortable for you and something that is not going to restrict your movement too much. The movements we make in the sessions are gentle and wearing comfortable clothing might be useful in your mobility.

### **What do I need for each session?**

You might like to use a yoga mat if you have one but this is not essential. If you have any cushions or blankets you may wish to use these within the sessions if you feel like it. Some people prefer to practice from a chair, so that option is also available.

You may also like to have some water to hand.

### **Is there support available during or after the sessions if I need it?**

There will be a Support Facilitator assigned to this course. The Support Facilitator assists with any technological challenges, but is also available for check-ins throughout the session.

Whilst your Facilitator will stay online for 5-10 minutes after each practice to respond to any questions or feedback, we recommend that you are also seeing a therapist or counsellor whilst engaging in the course. This will enable you to access consistent support if and when you need.



## 8 Week Program Overview

Week	Theme
1	<u>Welcoming yourself to the practice:</u> mindfulness-based practices that foster a sense of arriving and 'being with' whatever arises in the space.
2	<u>Resourcing:</u> learning how to 'resource' yourself throughout the practice and daily life.
3	<u>Safety and Compassion:</u> practicing internal and external safety with a compassionate lens.
4	<u>Exploring your breath:</u> working with the physiology of your breath to 'state shift'.
5	<u>Taking effective action:</u> making choices in response to sensations and feelings in your body.
6	<u>Balance and stability:</u> working with challenge and finding stability and comfort in balancing forms.
7	<u>Moving towards comfort:</u> exploring practices for relative ease, stress relief, pain relief and rest, whilst acknowledging that discomfort may still be present.
8	<u>Acknowledging your efforts:</u> recognising and celebrating your own strengths, capabilities and skills.