



Trauma-Sensitive Group Yoga Program

Utilising the empirically validated Trauma Centre Trauma Sensitive Yoga (TCTSY) methodology, collective being's Trauma-Sensitive Group Yoga Program is delivered over 8 weeks (in-person). In addition to the TCTSY methodology, the program integrates evidence-based, trauma-informed somatics and mindfulness practices that support wellbeing, stress relief and ease. Participants receive additional support through pre-recorded video content and a printed handbook of yoga and somatic resources to use at home.

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.

What is TCTSY?

TCTSY is an empirically validated, clinical intervention for complex trauma or chronic, treatment resistant post-traumatic stress disorder (PTSD).

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 maximise experiences of empowerment and to cultivate a more positive relationship to one's body. Unlike many public yoga classes, TCTSY does not use physical hands on adjustments to influence a participant's physical form. Rather, TCTSY presents opportunities for participants to be in charge of themselves based on a felt sense of their own 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. With our approach, the power resides within the individual, not the TCTSY facilitator (TCTSY-F). Further, by focusing on the felt sense of the body to inform choice-making, TCTSY allows participants to restore their connection of mind and body and cultivate a sense of agency that is often compromised as a result of trauma.

What is somatics?

'Somatics' is an umbrella term used to describe various body-focused resources, exercises and tools that aim to support stress relief, inner wellbeing and harmony. In our programs, we utilise trauma-informed somatic resources, largely derived from the therapeutic models of Somatic Experiencing, Strozzi Institute and somatic movement therapy.

Whilst hatha yoga forms may synchronise breath with movement, or integrate specific movements of the spine and or body, somatic tools and resources provide opportunities for inquiry about how a person might be feeling in their body, and whether those feelings shift or stay the same after movement.



How do I access the sessions?

The sessions will be held at a community venue that we've booked for our private use. The specific details of the venue will be provided on the registration page and in the confirmation email to you.

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 bring a yoga mat if you have one but this is not essential. The Facilitator of your program will bring enough yoga mats, bolsters and blocks for everyone. If you have any cushions or blankets that might support you to feel more comfortable, you may wish to bring these to the sessions with you. We will also have chairs available to use throughout the practice.

You may also like to bring a water bottle with you.

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

The Facilitator will arrive early to set the room up and will stay back for about 10 minutes after each practice to respond to any questions or feedback. There will also be a Support Facilitator assigned to this course. The Support Facilitator will practice alongside you and is also available for check-ins throughout the session.

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.

Where can I ask more questions before the program starts?

Please do not hesitate to contact our Programs Coordinator, Alexia, at alexia@collectivebeing.org with any questions about the program.



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.