



opti·mum
COACHING · EDUCATION · YOGA

TRAUMA INFORMED

yoga

Trauma-informed yoga is a gentle movement class.

We offer you a safe space to help notice
what you feel in your body.

The practice can help regain a sense of control,
connection and ownership over your body.

You're able to make choices about how to move,
based on what you feel.

10 WEEK COURSE

Funded for those with ACC Sensitive claims

Can also be self-funded and self-referred at a cost of \$400
(\$320 for the 8 week course)



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YOUR FACILITATORS

Nikki Pileff

Registered Social Worker and ACC Approved Counsellor. She has completed 200hr Yin Yoga Teacher Training, as well as Trauma Informed Yoga Training. Nikki has also completed Mindfulness Teacher Training, is a Beginner Somatic Experiencing Therapist, as well as Reiki Master. Nikki has been working alongside Women supporting them to make planned, positive changes in their life for the past 22 years as a practitioner in these various areas. Nikki has been enjoying incorporating elements of movement and yoga into her practice, and is feeling inspired with the positive outcomes of incorporating movement into ACC therapy and is thoroughly looking forward to working alongside KeiShana to provide effective and evidence based Trauma Informed Yoga.

KeiShana Coursey

As an NLP Master Practitioner, HNLP Life Coach, Certified Havening Techniques® Practitioner, midwife and meditation/mindfulness teacher, KeiShana has been working with individuals and couples now for more than a decade. With a special interest in trauma + PTSD KeiShana has completed trauma informed yoga teacher training, however, often finds herself working in a wide range of settings. This allows her the privilege of walking alongside people as they return to whole health and wellness, then beyond into finding a new level of confidence, calm and Hau Ora (whole health).



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WHAT YOU CAN EXPECT

- *invitational language, many choices / variations around differing shapes and forms*
- *a safe, supportive and compassionate group environment*
- *catering for all abilities*
- *option of a chair and/or a yoga mat in each class*
- *not offering physical adjustments or assists*
- *everything is provided but participants are welcome to bring their own mat / props*
- *comfortable clothing is recommended*
- *a maximum of 10 participants will be in each class*

Participants do not have to talk to each other, acknowledging that some people may find it difficult to be in group situations.

Our groups are open to women and gender diverse folks.

The yoga style taught is not religious, nor affiliated with any particular yoga style. It is based upon the work of Bessel van der Kolk and David Emerson from the Trauma Centre Trauma Sensitive Yoga (TCTSY) in Boston.

CLASS TIMES + LOCATION

TUESDAYS

11:30am – 1:00pm – Face to Face (90min) - all humans who identify as female

1:30pm – 2:30pm – Online (60min) - all humans

6:00pm – 7:30pm – Face to Face (90min) - all humans who identify as female

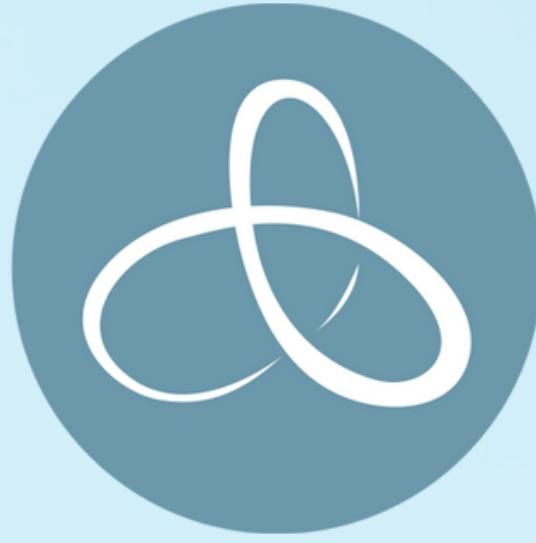
A maximum of 10 participants in each class, and all will have committed to the full term. Held at the Opti-mum studio, 2 Humphreys Drive, Ferrymead, Christchurch.

Program 1: Feb 13th - Apr 16th 2024 (10 weeks)

Program 2: Apr 30th - Jul 2nd 2024 (10 weeks)

Program 3: Aug 20th - Oct 8th 2024 (8 weeks)

Program 4: Oct 15th - Dec 17th 2024 (10 weeks)



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INFORMATION SHEET FOR TREATMENT PROVIDERS

- An anonymous evaluation form will be sent to group members via email upon completion of the course. These evaluations support the facilitators to assess how they can improve their groups moving forward and are sent to ACC to support ongoing funding of such groups.
- It is a requirement that participants are actively seeing a therapist whilst engaging in the program. TSY is an adjunctive treatment to talk therapy.
- This is a 10-week course (aside from Program 3 which is 8 weeks) and there is an expectation that participants will make a commitment to attend all weeks. This is for fairness to both the facilitators and other group members.
- If the facilitators have concerns about participant safety and/or wellbeing, this will be raised with the participant in the first instance, and then the participant's therapist. A collaborative discussion and decision will then be made around the suitability for the participant to continue with the group.

2024: Dates and times

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Supplier Name: TIPS (The Independant Psychological Services Ltd)

- Supplier Number: G09398
- Facilitators: Nikki Pileff and KeiShana Coursey
- PO hours: 15 hours for an 10-week ACCISSC short-term group (SCGW) + 1 hour triage (SCGT2)
 - Or 12 hours for an 8-week ACCISSC short-term group (SCGW) + 1 hour triage (SCGT2)

Lead Providers

Please email our administrator your client's NAME, DATE OF BIRTH, CONTACT NUMBER, + EMAIL ADDRESS if you add one of our groups to their wellbeing plan / seek approval from ACC for your client to attend a TSY group.

This is so we can keep track of incoming purchase orders.

Your client's place in a group will ONLY be confirmed when we receive the purchase order from ACC.

Contact Details

- Krissy (Administrator) : email : tips.assist@gmail.com
- Ph: KeiShana 021 980 859 or Nikki 027 961 8860

www.opti-mum.co.nz/trauma-informed-yoga