



# SETTLE INTO REST

8 week Group Program  
Online



PTSD can result in a sustained neurobiological response, with physiological hyperarousal, increased adrenalin and cortisol, higher levels of alertness and flashbacks or nightmares. The Settle Into Rest online TCTSY program is designed for those who experience PTSD related sleep disturbance and insomnia.

Settle into Rest is a therapeutic yoga therapy program combining trauma sensitive facilitation (TCTSY) & yoga therapy forms + practices to re-train and re-balance the nervous system, elicit the parasympathetic response & develop self-efficacy & empowerment in the body. The group program includes gentle and regulating yoga forms, breathing and techniques and trauma-informed guided relaxation including cultivating an inner resource of safety, bilateral tapping, grounding, progressive muscle relaxation and body scan to manage the flow of thoughts, help unwind and prepare for rest.



## TRAUMA-INFORMED FRAMEWORK:

- Empowerment-based language
- Shared authentic experience
- Supportive presence in holding space
- Creating safety in the online space
- Trauma-sensitive movement & breath
- Support for triggers that may arise
- Cultural considerations and accessibility
- Nervous system care practices

TERM 2: 28 APR '25 - 27 JUNE '25

TERM 3: 14 JULY - 19 SEPT

TERM 4: 6 OCTOBER - 19 DEC

Monday evenings

6:15 - 7:15 pm



Reach out with any questions by contacting the facilitator:

Jen @ [jen.holmes-beamer@nelsonclinic.nz](mailto:jen.holmes-beamer@nelsonclinic.nz)

# About TCTSY

Trauma Center Trauma Sensitive Yoga (TCTSY) is an evidence based, clinical approach for complex trauma or post-traumatic stress disorder (PTSD). The TCTSY methodology draws on trauma theory, attachment theory, neuroscience, and yoga philosophy and practice.

Although TCTSY offers physical forms and movements, the focus is not on achieving physical forms but of noticing and re-connecting with inner sensations. This shift in orientation, from the external to the internal, is a key attribute of TCTSY as a complementary treatment for complex trauma. With this approach, the power resides within the individual, not the TCTSY facilitator.

Further, by focusing on the felt sense of the body to inform choices, TCTSY provides opportunities for participants to restore their connection between mind and body and to cultivate a sense of agency that is often compromised as a result of surviving trauma.

Find out more: [traumasensitiveyoga.com](http://traumasensitiveyoga.com)

## WHAT TO EXPECT

Settle into Rest specifically targets PTSD related sleep disturbance and insomnia. Each session will include 45 minutes of floor based yoga therapy forms specifically designed to elicit the parasympathetic response and wind down the nervous system, in addition to 15 minutes of trauma-informed mindfulness & breathing to restore inner rest and balance. Over 8 weeks, kiritaki will practice cultivating an inner resource of safety (safe / calm place) along with learning how to read the nervous system for cues of safety essential for rest. As such, deepening a felt sense of safety (ventral vagal response) and ability to shift nervous system states.

Each session of the series will offer a gradual building of interoceptive awareness through a consistent & predictable sequence of yoga forms and practices essential to re-training the nervous system. A video or audio recording of the session will be available for home practice.

Feedback from a recent participants:

- “Thank you so much for the yoga session last night ... I felt unbelievably grounded and relaxed afterwards”
- “After a lifetime of extremely poor sleeping I finally see some steady improvement. I’m finding the yoga a very useful tool and its very encouraging to be making some progress with my sleep. I look forward to the weekly sessions immensely, knowing just how much it improves my mental/physical health and wellbeing”.

# Details for PO

SCSGT - 8 (1 term) or 16 (2 terms together) +

SCSGTT - 1 for pre-group intake session or 2 (2 terms together)

This group is suitable for individuals with mild to moderate mental health issues including PTSD & insomnia or sleep disturbance.

The practices are available to all bodies. TCTSY as an evidence-based approach that provides conditions for safety when engaging in body-based trauma treatment. Group providers will liaise with participants and the lead provider (therapist) and complete a screening process prior to the group commencing to ensure we are aware of any needs or safety concerns that may require supportive attention.

## ABOUT YOUR THERAPIST FACILITATORS



Aurélie is a registered Art Therapist with ANZACATA (AU/NZ) and ATCB (USA) and supervisor who has many years of experience supporting children, teens and adults.

Aurélie works sensitively with clients to help facilitate the expression of difficult thoughts and feelings through creative media. She uses a client centered and multimodal approach to working with clients to meet individual needs. Her particular interest is the effectiveness of non-verbal therapies for clients who have experienced loss, grief, disrupted attachment and trauma.



Jen is an internationally accredited yoga therapist (I-AYT) and Trauma Centre Trauma-Sensitive Yoga facilitator (TCTSY-F) through the Justice Resource Institute (US). She has completed a 200-hour Yoga Alliance Teacher Training and a Three-Year / 800 hour Yoga Therapist training and apprenticeship with a specialty in PTSD related insomnia through Yoga Therapy Toronto. Jen's background as an occupational therapist, counsellor and psychotherapist (ANZAP) also informs her therapeutic and trauma-aware approach to facilitation.

