



Funded Trauma Sensitive Yoga

For women with ACC Sensitive Claims

An 8-week course In partnership with Kanuka Yoga Space

What is Trauma Sensitive Yoga?

Trauma Sensitive Yoga (TSY) supports healing from trauma and PTSD. It's non-invasive and grounded in neuroscience and trauma theory. TSY can help with:

- ✓ Self-regulation & body awareness
- ✓ Breathwork & mindfulness
- ✓ Relaxation & self-soothing
- ✓ Reconnecting safely with your body



2026 upcoming course dates:

February 10 - March 31

April 28 - June 16

August 4 - Sept 22

October 27 - December 15

2026 Course times:

In-person: Kanuka Yoga Space (West Harbour)

Tuesdays 10am

or

School of Modern Meditation (Auckland City)

Tuesdays 5:30pm

Beginning Term 2, April 2026

Online: Tuesdays at 12pm Wednesdays at 5:30pm

Lead Providers can express interest here

Asrita Singh will follow up to complete intake and check suitability.

More information

We are excited to be partnering with Kanuka Yoga Space who have been providing ACC-funded Trauma Sensitive Yoga classes since 2023.

What is Trauma Sensitive Yoga?

Trauma Sensitive Yoga has been established as an adjunctive treatment for Post-Traumatic Stress Disorder (PTSD). It is a treatment option underpinned by current Neuroscience, Post Traumatic Growth Theory, and Attachment Theory. Trauma Sensitive Yoga is non-invasive, and safety and choice are paramount in its delivery. Trauma Sensitive Yoga targets and develops self- inquiry, affect and sensory modulation and impulse arousal control, self- regulation, and sensory awareness. TSY shows a significant reduction in PTSD.

TSY works with the emotional and physical imprints left on the body after the trauma —the body's automatic response to protect itself. This response, often referred to as our fight, flight, submit or freeze reaction, is activated by the sympathetic nervous system. Trauma survivors often experience this sympathetic nervous system response as a chronic state long after the trauma is past.

Who benefits from practicing Trauma Sensitive Yoga?

Trauma Sensitive Yoga empowers the participants to develop and improve:

- Self-regulation skills by noticing bodily sensations signalling emotions
- Increased mindfulness skills and ability to stay in the present moment
- Awareness of their body (both internally and moving in space)
- Relationship and connection to their body
- Breath awareness to support working with states of hyperarousal, stress and anxiety
- Relaxation and self-soothing skills
- Increased sense of mastery and control by provision of choices

Who are the facilitators?

Studio owner and teacher, Raquel Minh, has a degree in Psychology (2009), and completed her 200 hour Trauma-informed Yoga Teacher Training with Raw Yoga (2020), 60HR Trauma-Informed & Community Yoga with Rise (2021), and 300 hour Trauma-Informed Facilitator Training with SomaPsych (2024). She provides ACC-funded Trauma Sensitive Yoga through Grief Centre and South Coast Psychology for both online and in-studio courses.

Lead Provider, Asrita Singh – received her degree in Psychology and Applied Mental Health (2012), has a Postgraduate Degree in Addiction Studies (2019) and a Postgraduate Degree in Violence and Trauma Studies (2022). Asrita completed a Certificate in Group Facilitation and Programme Development with AUT (2010) with 15 years of group facilitation experience.

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