

Maia Trauma Sensitive Yoga Groups

Venue: Petone Community House

6 Britannia St, Petone

Maia Trauma Sensitive Yoga (MaiaTSYoga) uses gentle yoga forms and movement to help cultivate a positive relationship with your body. Noticing body sensation supports you to make positive choices based upon what you feel.

MaiaTSYoga creates a safe, supportive, and compassionate group environment, offering guidance and support to help you focus on particular aspects of the yoga including breath awareness, moving, and resting.

MaiaTSYoga caters for differing abilities with the option of a chair and/or a yoga mat in each class. There is no touch involved so no physical adjustments.

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

A maximum of 10 women participants will be in each class for the 8-week course. As the class is being funded by ACC sensitive claims, feedback forms will be used. This helps the participant measure the impact of the yoga class on their wellbeing.

Who are the facilitators? Karen Huaki-Feaver is an experienced yoga teacher who has advanced training in Trauma Sensitive Yoga (TCTSY), and Sandy Tustin, an ACC SCS registered therapist.

What to bring?

Everything is provided, including a yoga mat. All you need is to wear comfortable clothes and maybe a water bottle.

Lead Providers will need to:

1. Contact ACC to arrange approval for the Kiritaki to attend the group.
2. On receipt of a valid purchase order, TheraMAS will send you an eform link so that you can register your client to the correct group.
3. A week or two prior to the start of the group, one of the Sandy will contact the Kiritaki to touch base, explain any requirements and answer any questions they may have.

You are also welcome to contact us with any questions:

Karen Huaki-Feaver: maiatsyoga@gmail.com 027 884 4565

Sandy Tustin: maiatsyoga@gmail.com 021 180 2724