



TRAUMA CENTER TRAUMA SENSITIVE YOGA

A PROGRAM OF THE CENTER FOR TRAUMA & EMBODIMENT AT JRI

8 week in-person wāhine Trauma Sensitive Yoga group

New Plymouth 2026 dates

Term 2: 5 May-23 June. Term 3: 28 July-15 Sept. Term 4: 10 Oct-8 Dec

Trauma Center Trauma Sensitive Yoga (TCTSY) is an empirically validated, clinical intervention for complex trauma or chronic, treatment resistant (PTSD). Find out more at TraumaSensitiveYoga.com

The hands off Yoga practice offers invitational language and choice making allowing for participants to be in charge of their experience. Non-coercion paired with shared authentic experience softens power dynamics, with the possibility of making a safe enough space for participants to explore their interoception or internal awareness.

Facilitators

Ruth Cohen(TSYNP) has been teaching Yoga for 25 years, she is a trained TCTSY facilitator (contact: ruth.yoga@mail.com). Ruth Belton is an ACC SCS counsellor (PAQ306) with a focus in somatically (body) aware trauma therapy.

Venue

Tuesdays 10:30-11:30am at Academy of Dance 6-8 Devon St W. Please note there is a set of stairs with a railing to access the studio and no lift.

Lead Providers need to:

- Contact ACC to arrange approval for your Kiritaki to attend the group. and request, per 8 week group: 12hrs x SCSGT , 1hr x SCSGTT and SCSTR1 with TheraMAS as the Supplier (G09852) and Ruth Cohen (TSYNP) as co facilitator and Ruth Belton (PAQ306) as provider. Please request the maximum amount of hours/year/long expiry date if your kiritaki wants to do more than one 8 week group, this means that you won't have to seek approval for every term.
- Include a rationale for the Recovery Partner i.e., goals related to present moment awareness (mindfulness), choice-making, empowerment and sense of agency, interception (noticing what is happening in the body in a safe and controlled way), increase ability to tolerate sensations, and perceive safety cues in the present moment.
- On receipt of a valid purchase order, TheraMAS will send you an e-form link so that you can register your client to the correct group.
- We will get in touch with your Kiritaki one or two weeks before the group starts