



a soft place to land

A 9-week Trauma-Informed Yin Healing Journey

Stoke - Tasman

A Soft Place to Land is a 9-week program supporting women to reconnect with their bodies and cultivate body trust. Through trauma-informed Yin Yoga and guided practices, participants are invited to build tolerance for physical and emotional experience at a pace that honours their individual needs. It is appropriate for those who wish to deepen self-awareness, interoceptive connection and self-regulation in a supportive group environment.

Each session offers a compassionate, supportive space to explore how the body responds to stress, safety, and connection. The journey concludes with a one-day retreat at Kimi Ora Eco Resort - a dedicated time for unstructured moments of connection, integration and reflection.

WHAT TO EXPECT:

Each 60-minute session offers a trauma-informed Yin Yoga practice. Unlike more active yoga styles, Yin Yoga is slow, floor-based, and deeply restorative - encouraging compassionate attention to body sensation.

This program is primarily **experiential** rather than discussion-based, skills-based or teaching. Participants are never required to share personal experiences and are welcome to engage at their own pacing and comfort level.

Learning elements are woven into movement, breath, stillness and rest, allowing insight not to be cognitively understood - but felt.

BLOCK 2: 2 JULY - 27 AUG '26
BLOCK 3: 15 OCT - 10 DEC '26

Thursdays **1:15 - 2:15 pm**
+ **day retreat (9:30 - 4:30 pm)**

Class Location: Stoke Baptist
Centre (648 Main Rd, Stoke)

Day Retreat Location: **Kimi
Ora Eco Resort, Kaiteriteri**
(retreat held on last Thursday
of the program - 27 August and
10 December)

Reach out with any questions by contacting the facilitators:

Jen @ jen.holmes-beamer@nelsonclinic.nz | Debbie @ debbie.sumner@nelsonclinic.nz

Program Focus and Clinical Rationale:

A Soft Place to Land can offer the following benefits:

Supports Ongoing Stabilisation

Trauma-sensitive yin practices help regulate (client's) autonomic nervous system, reduce hyper- and hypo-arousal, and support capacity to remain within window of tolerance.

Provides Structured, Choice-Based Practices that Reduce Dissociation

Trauma-sensitive yin supports:

- interoceptive awareness
- gentle reconnection with the body
- developing agency through choice-making

These help counter patterns of shutdown, self-criticism, and avoidance.

Enhances Self-Compassion and Emotional Resourcing

(client)'s therapeutic focus includes befriending her internal world with warmth rather than shame.

The retreat elements - gentle movement, journalling, mindful walking, creative reflection - offer **additional experiential pathways to practice self-kindness, curiosity, and acceptance.**

Supportive Community Without Pressure to Share

The program offers a safe environment where (client) can experience co-regulation, presence, and relational safety without disclosure or performance - important for someone who becomes activated by interpersonal stress.

The Retreat Day Provides Extended, Regulated Time for Integration

The Kimi Ora retreat day offers:

- access to pools, sauna, nature, and rest spaces
- extended down-regulation
- uninterrupted time for embodied processing
- spaciousness for integration
- organic, unstructured moments to connect with other participants

This length and depth of resourcing cannot occur in monthly therapy or brief weekly classes. It creates a “reset” of the nervous system and increases capacity for everyday stressors.

Details for PO

SCSGTT x 1 for pre-group intake + SCSGT x 16

Vendor ID: VAH127 (The Nelson Clinic)

Program Structure:

- 9 weekly Trauma-Sensitive Yin Yoga classes in Richmond (60 minutes each)
- Week 10: a 6 hour day retreat at Kimi Ora Eco Resort

Retreat: The retreat day offers a space for participants to come together, deepening their connection to self and others. The day includes gentle Yin and restorative practices, time in nature, unstructured moments for connection and simple closing rituals for healing and completion. As the program draws to a close, participants are invited to share (if they wish), celebrate their growth, and rest deeply in the safety and support of community.

Participant Feedback: *“like I have emptied the ‘bathtub’ of stress. With hope for more good feelings like this gives me”; “the retreat being at the end helped because I built trust with the women. I felt safe with the facilitators”; “I feel more connected to my body and safe in my body”.*

About your facilitators



Debbie Sumner is an experienced yoga teacher with over 500 hours of specialised yoga teacher training and a strong background in primary care, where she has supported a wide range of individuals on their mental health and wellbeing journeys. She brings a grounded, compassionate approach to her teaching, drawing from her work in health promotion as well as extensive experience in trauma-sensitive and therapeutic yoga.



Jen is a registered psychotherapist (PBANZ), certified yoga therapist (C-IAYT), and TCTSY-F. Alongside her psychotherapy practice, Jen's personal experience with yoga has been a source of healing and self-understanding. She brings an empathetic and intuitive approach to her facilitation, honouring each person's unique pace and process.