



ONLINE TRAUMA SENSITIVE YOGA (TC-TSY)

TC-TSY WEEKLY ONLINE CLASSES

- TERM 4 2026

11am-12pm

Thursdays

From 22nd October

8 WEEK ONLINE PROGRAM (ACC SENSITIVE CLAIMS)

This 8-week TCTSY (Trauma Centre Trauma-Sensitive Yoga) online program is designed to address symptoms of PTSD and Complex Trauma. Each 60 minutes class gives participants the opportunity to empower themselves through practicing choice, safety, and awareness.

The core elements of a TCTSY class include invitational language, choice-making, interoception, shared authentic experience, and non-coercion.

Clinically speaking, the primary aims of TCTSY are to restore interoception, agency, and the capacity for inter- and intra-relational action.

This means that each class offers participants the ability to feel safe in their own bodies by fostering a deeper connection to their physicality, a greater sense of choice and control over their bodies and lives.

You are welcome to contact your facilitators for any question:

Jen@jen.holmes-beamer@nelsonclinic.nz /Alessandra@alessandra.marchisio@nelsonclinic.nz

ABOUT TC-TSY

Trauma Center Trauma Sensitive Yoga (TCTSY) is an empirically validated, clinical intervention for complex trauma or chronic, treatment resistant post-traumatic stress disorder (PTSD), supported by more than 10 original, peer-reviewed studies and many more independent analyses.

Although TCTSY employs physical forms and movements, the focus is on the internal experience of the participant – what the forms feel like instead of what they look like. 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 choice-making, 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.

www.traumasensitivelyoga.com

ABOUT YOUR FACILITATORS



Alessandra is a certified yoga instructor and Trauma Center - Trauma Sensitive Yoga facilitator (TCTSY). She is passionate about integrating yoga and somatic practices into the healing journey. In addition to teaching yoga, Alessandra is an Occupational Therapist specialized in mental health and placed in Blenheim.



Jen is an internationally accredited yoga therapist (I-AYT) and Trauma Centre Trauma-Sensitive Yoga facilitator (TCTSY-F). Jen's background as an OT, counsellor and psychotherapist (ANZAP) also informs her therapeutic and trauma-aware approach. Jen is passionate about remaining current with evidence-based approaches to psychology and embodied healing. Together these disciplines guide her mahi in facilitating TC-TSY programs for the past 5 years in Nelson.