



# OUR CLASSES AND THERAPIES

Via our own CIC - TIFA Life we have compiled a programme of therapies designed specifically to help young people who have been through childhood trauma to help them overcome issues such as anxiety, depression and stress. These classes can be delivered at home or in our own sensory space



## THERAPIES

All our therapies are tailored by our expert instructors to the age group and experiences of the young person being treated

- Reiki - A holistic healing practice that promotes relaxation and well-being through the channeling of universal life energy
- NLP - Offers transformative techniques to rewire thought patterns and behaviour for personal growth and self-improvement
- EMDR - A therapeutic approach that aids individuals in processing traumatic memories and reducing distressing symptoms
- Bioenergy healing is a holistic therapy that focuses on balancing and harmonising the body's energy fields to support overall wellness and vitality.
- CBT - An evidence-based psychotherapy that helps individuals manage and overcome emotional challenges by reshaping their thought patterns and behaviour
- Breath-work therapy is a holistic practice that utilises intentional and controlled breathing techniques to enhance physical and emotional well-being, promoting relaxation and self-awareness.

## GROUP CLASSES

Yoga  
Pilates  
Meditation  
Sound Therapies  
Light Therapies  
Drum Circle Chants  
Somatic Movement  
Art Therapy

## INFORMATION

Our sessions are given by fully qualified and insured therapists and instructors. They can take place from our own sensory room within our community space in central Swansea or can be held within our supported living facilities.

As a CIC we are also able to run free and subsidised sessions for those otherwise unable to afford them.

We also have our very own trained and licensed therapy dog

## CONTACT US

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