

Trauma & Nervous System Aware Movement Program

NAYA DAWN



PROGRAM DESCRIPTION

We offer multiple weekly movement classes – including yoga, Pilates and strength training – designed specifically for individuals who have experienced trauma and/or are neurodivergent.

Our sessions are facilitated by experienced professionals across social work, occupational therapy, yoga, Pilates and strength training. Each class is grounded in trauma-informed, nervous system-aware practice.

We believe movement, connection and community inclusion are core pillars of health and healing. Yet many mainstream fitness and wellness spaces are not trauma-informed, which can unintentionally exclude those who need supportive environments the most.

Our program offers more than movement. We provide inclusive, relational spaces with trauma-trained facilitators, reduced power differentials, and the freedom to show up exactly as you are on the day. Choice, consent and autonomy are woven into every class.

We integrate principles of bottom-up healing, recognising that the body and nervous system play a central role in recovery. Safety is built through consistency and predictability – key foundations for regulation and trust.

Research consistently shows that the quality of the therapeutic relationship is one of the strongest predictors of healing – often more impactful than the specific modality used. We prioritise consistency, care and attuned facilitation to create a secure and supportive environment for growth.

OUR CLASSES

Some days participants want to move and stretch their brain and body, other days they want to rest their brain and body.

- Yoga - Check In or Check Out - We offer Hatha and yin yoga. Our approach is human centred and explorative. You get to choose to move toward or away from sensations,
- Strength Training - Inner Work or Working Out - We're not about to tell you what to eat, how many steps to take, or how many times a week you need to exercise. Work out without having it all "worked out,"
- Pilates - The Core of the Matter - If you're looking to strengthen muscles and joints as well as improve posture, flexibility, mobility and balance Pilates may help.

OUR PRICES

8 week program - \$400

- Attend up to 3 classes per week for 8 weeks.
- 3 months access to Every Felt Sense online platform to continue to work from home.

8 week program with individual support - \$600

- Attend up to 3 classes per week for 8 weeks,
- 3 months access to Every Felt Sense online platform to continue to work from home,
- Individual intake session to learn about trauma aware movement, set goals, and complete standardised assessments,
- Individual closure session to reflect, recap and support with referrals where required.

Single class - \$20



OUR INTENTIONS/HOPES

Our intention and hope is that these classes will be useful for people:

- Interested in experimenting with ways to move their bodies and support mental wellness,
- Who want to support their nervous system and perhaps widen their window of tolerance,
- Who don't like to practice in gyms or yoga studios,
- Who want to practice for fun, mobility, strength and flexibility,
- Who want to build capacity and learn to make choices that begin to rebuild trust between body and mind,
- Who would like to engage in group situations but finds traditional group settings uncomfortable,
- Who have recently experienced a big life challenge and would like a supported way to re-engage in community again.

POSSIBLE BENEFITS INCLUDE:

- Regular movement has a wide range of physical, mental, and long-term health benefits,
- Regular movement can support in the reduction of stress and anxiety, and improve mood,
- Repeated, predictable movement sequences can support bottom-up regulation,
- Group yoga allows people to be with others without needing to speak, share, or explain their trauma. Participants may internalise: "I'm not the only one who struggles with this,"
- Improved sleep,
- A decrease in symptoms of anxiety or depression,
- Comfortable connection with others,
- Feeling proud of yourself for trying something new,
- Enjoyment.

WHAT TO EXPECT FROM CLASS:

- **Access to choice, consent, agency and autonomy:** Participants get to choose from a range of human centred classes and facilitators,
- **Expression and containment:** Participants may choose to express energy through movement or it may be safer to disconnect through movement,
- **No expectation to achieve:** The group context provides non-demanding social contact. Participants experience being in a shared space where no one is watched, corrected, or compared,
- **Trauma and nervous system aware:** Our classes are designed to support up regulation and down regulation,
- **Each nervous system is treated as valid in its current state:** There is no expectation of regulation, stillness, eye-closing, or calm,
- **Recognising the impact of trauma and neurodivergence on executive functioning:** No additional fines for no-shows or late cancellations, no lock out at the session start time.

OTHERS HAVE SAID:

- “Rachel provides a safe, welcoming and calming environment to connect with your body and practice mindfulness”,
- “Throughout this course I feel I have built strength, balance, my ability to be present in the moment and become more confident in my yoga practice”,
- “Yoga with Rachel has been a really gentle way to return to movement after a long break”,
- “I’ve felt incredibly supported and nurtured and having the trauma-informed practice has allowed me to be kind towards myself as I start to move and be more present again”.

OUR PEOPLE:



Rachel Grant (she/her)

Rachel is the owner of Naya Dawn where she works as a Social worker (BSW), EMDR Therapist, Theraplay Practitioner and Trauma-Informed Yoga Facilitator.

Rachel has completed over 420 hours of yoga teacher training specialising in Hatha, trauma-sensitive, trauma-aware and kid's yoga; as well as various training in trauma, attachment, neuro-affirming practice, and structural dissociation.



Kathy Taylor (she/her)

Kathy is a trauma-informed yoga and movement facilitator, trauma-informed personal trainer and the founder of Every Felt Sense (an online platform offering trauma aware and trauma informed practices and courses for individuals, practitioners and industry).

Kathy has lived-experience in complex-PTSD, a Bachelor of Psychology, over 19 years experience as a personal trainer, and 370 hours of yoga teacher training specialising in trauma-aware/informed practice.



Lily Coffey (she/her)

Lily (Lil) is a paediatric occupational therapist with a Bachelor of Occupational Therapy. Lil is a 500 hour certified yoga teacher including yin yoga and Yoga Nidra with over 8 year's experience. Lil is a qualified mat and reformer pilates facilitator.

Lil considers trauma aware and trauma informed practices important as a facilitator. Lil tries to offer practices where people can access internal safety and make choices that feel useful for them.



Katrina Murrell (she/her)

Katrina is a Social Worker (BSW) working in mental health and yoga teacher certified with 350 hours of formal training.

Katrina will be offering Yin Yoga at Naya Dawn. Her classes incorporate yoga props, gentle music inspired by nature, and invitational language throughout. She teaches from a variable anatomy and choice-based perspective, encouraging participants to choose what feels most supportive for them in that moment.

CONTACT:

Join us or find out more:



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Please feel free to reach out if you have any questions or would like to determine whether this program is suitable for you or someone you know.



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