

Accessibility at Brighter Life

Brighter Life offers Trauma Center Trauma-Sensitive Yoga (TCTSY) groups (online and in-person) and Tools for Transforming Trauma day retreats. We are committed to making our spaces, practices and information as accessible as we can.

Accessibility is an ongoing practice for us. We recognise that people's bodies, minds, histories, cultures and circumstances shape how they can participate, and we aim to respond with flexibility, respect and care.

Physical and sensory access (in-person)

- We operate from a variety of venues and do our best to choose venues with step-free or ramp access when possible. We always ensure at least one of our venues is accessible. We aim for accessible bathrooms.
- We provide chairs as well as mats/props, and invite people to participate in ways that work for their bodies (including remaining seated or lying down).
- We keep lighting and sound as consistent and low-stimulus as possible, and avoid scents where we can.
- If you use mobility aids, assistive devices, or need particular seating/space, we will do our best to accommodate this.

Online access

- Our online groups run via Zoom. We offer support with basic set-up where needed.
- You're welcome to have your camera on or off, and to adjust your space, lighting and sound as you need.
- We aim to use clear, simple language and visual demonstrations of movement forms.
- On request, we will explore options such as live captions (where platform-available) and sending brief written overviews of sessions.

Neurodiversity, mental health and trauma-related needs

- Participation is invitational, not prescriptive; you can opt in/out of any practice, including taking breaks, moving off-camera, or simply listening.
- We avoid touch, hands-on adjustments, and sharing of personal histories.
- You are welcome to use self-regulation tools (e.g. movement, stimming, fidgets, note-taking, stepping outside) during sessions.
- We aim to keep routines and structures predictable, and will name changes as clearly as possible.

Financial access

- We work primarily within ACC-funded pathways and can offer our groups fully funded to those with an ACC sensitive claim and the required number of available group work hours.
- For non-ACC offerings, we aim to provide transparent pricing and limited low-cost places.
- If cost is a barrier, you're welcome to contact us to discuss available options.

Communication access

- We provide information about groups and retreats in writing (email/website) and offer a phone or Zoom call before the start of each group to go over details verbally.
- We welcome support people (e.g. a therapist, support worker, whānau member) to be involved in planning where that feels helpful and appropriate to you.

Limits of our accessibility

We are a small practice, and there will be things we cannot fully provide (for example, professional interpreting in all languages, fully step-free access at every venue, or tailored one-to-one support for every participant during group sessions). When we are not able to meet a particular access need, we will be honest about this and, where possible, help you explore alternative supports or services.

Your input matters

Accessibility is relational and always evolving. If you are considering joining us and have specific access needs or questions, please contact us before enrolling so we can explore together what might be possible.

You can reach us at:

Email: info@brighterlife.nz

We welcome feedback on how we can make Brighter Life more accessible and will review this statement regularly as our practice and learning grow.