

Soothing Your Nervous System:

Friday, October 23rd - 9:15 AM ChST

A MindSculpt Class for



Our body often reacts in unpredictable ways when we feel stressed, overwhelmed & “dysregulated”. The nervous system is key to understanding what is going on internally & this class will provide a thorough background on that, in addition to exploring multiple somatic therapy exercises often used by clinicians.

In this therapist-led session, we'll explore:

- The purpose & details of our nervous system,
- The concept of “Adverse Childhood Experiences”,
- An understanding of the “Autonomic Nervous System Ladder” & which central nerve to care for,
- Guided activities including a self-assessment, “balloon breathing” & reflection strategies.

We hope you join this anonymity-optional team event!

No Registration Required
RSVP to the team calendar invite



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