

Nervous system cycle

with [Meghan Kelly](#)

from Tuesday September 5 until Tuesday October 24th
7.45 pm to 9:15 pm

It is through our nervous system that we perceive reality, and that reality might not be one of connection and can instead be one of protection that carries over to our relationships, our working life and our relationship with ourself above all.

The good news is that this can change with somatic awareness and regular practice of working with the body and nervous system instead of against it. By learning to work with our nervous system's patterns, we learn to regulate emotions and then **we can become our own medicine.**

In this 8-week program, there will be a combination of theory and practice shared.

- We will do bodywork* and somatic practices each week that you can carry over and use in your daily life.
- You will gain somatic awareness by learning to recognize your nervous system state(s).
- You will discover your survival strategies and why certain tendencies are recurrent.
- You will learn tools for regulating emotions and most of all discover what works best for you!
- You'll learn about your resources and what areas of life could be developed more to better support you.

For full details of the 8-week Cycle: <https://www.gettotheorigin.com/8-week-nervous-system-program>

Limited to 10 participants

Sign up here: <http://tiny.cc/l3v8vz>

Contact Meghan: meghan@gettotheorigin.com

8 WEEK NERVOUS SYSTEM CYCLE

Guide your Inner Compass through Somatic Awareness



BENEFITS

- GAIN SOMATIC AWARENESS BY KNOWING YOUR NERVOUS SYSTEM STATE(S)
- DISCOVER YOUR SURVIVAL STRATEGIES
- LEARN TO REGULATE EMOTIONS
- ACTIVE BODYWORK, EXERCISES FOR CONNECTION & SOMATIC TOOLS TO APPLY IN DAILY LIFE



TUESDAYS, SEPT 5 - OCT 24

19:45 to 21:15 pm
📍 Shanti Home: Rue Darwin 8

Meghan Kelly
Somatic & Trauma Therapist
www.gettotheorigin.com
meghan@gettotheorigin.com