

WORKSHOPS



Inclusive wellbeing workshops focused on nervous system regulation and stress management.

- **Nervous System & Art:** Regulation techniques to exit "fight or flight" and creative self-care. - Duration flexible
- **The Deep Wind-Down:** Focused relaxation through gentle yoga and a full hour of Yoga Nidra. - Duration: 2 Hours
- **Energy & Hybrids:** "Inner Power" workshops, yoga/soundbath combos, and Dru energy block releases. - Duration: 15 mins – 1/2 Day
- **Calm your Nervous System:** A four-week guided journey into deep rest, combining mindful movement, meditation, and research-led techniques to reduce stress and restore balance.

