

Nervous system Reset /Somatics

3 week zoom class

Busy brain? Anxious?

Overwhelmed??

**It takes 21 days to actually
embody Somatics**

Lecture, Experiential, Somatics, Tools

When:

3 Mondays 9/14,9/21,9/28

7pm to 8 pm

3 Wednesdays 9/16,9/23,9/30

7pm to 7.30pm

Fee: \$ 119



Sign up: [Bodyconnectionsvt.com](https://bodyconnectionsvt.com)