

MEMBERSHIP Road Map

Click & Learn!

START HERE

Get the fundamentals in place - These resources are a great place to start:

Nervous System Deep Dive Masterclass

Soma & Soul Course

Nervous System Mapping & Regulation Class

SOMATIC LIBRARY

You can do this somatic regulation course alongside any of the others!

Where do you need to go? What do you need help with?

MOOD

ANXIETY

ANGER LIBRARY

Grief

General Anxiety

Health Anxiety

Morning & Evening Anxiety

Anger

Low Mood

LOW MOOD LIBRARY

Panic Attacks

Intrusive Thoughts

GRIEF LIBRARY

INTER-PERSONAL

ANXIETY LIBRARY

WORRY LIBRARY

Boudanries

People Pleasing

SELF DEVELOPMENT

BODY & NERVOUS SYSTEM

AUDIO MEDITATIONS

Highly Sensitive

BREATHE LIBRARY

Soma & Soul Course

Mindful

GROUNDING LIBRARY

Release Classes

SOMATIC LIBRARY

Procrastination

SELF-WORTH LIBRARY

Grounding

Guided somatic classes on everything from hypervigilance to dissociation, anxiety to low mood, grief to emotional release

Inner Child

Journaling

SLEEP LIBRARY

Hormones, Cycle Syncing & Gut Health