

Polyvagal Co-Regulation Class Series for Practitioners: Life Gets Easier When We Co-Regulate! *with Beth Dennison*



For:

Teachers, Therapists, Somatic Practitioners, Yoga Teachers, Coaches

WeCoRegulate.com

Learn collaborative Body Up! Co-Regulation skills. Calm down, energize or get connected with others, on purpose, when you want to.

- Track threat and safety, in your body, on the three steps of the polyvagal ladder.
- Use embodied boundaries to feel safe and be close.
- Connect with others while staying connected with yourself.
- Explore simple antidotes to shame.
- Learn to shift out of threat responses and stuck places, with a partner.
- Help others re-regulate without depleting yourself.
- Access new capacity for ease and vitality.
- Learn safe practices you can use with clients, students and groups.

Time: 8 Mondays, April 6 - June 1, 7-9 pm (no class May 25). Price: \$150 for 8 sessions
Location: Sun Studio, #245 Arts & Industry Building, 221 Pine St., Florence, MA

To Register: Call Beth at 413-313-6192 or email beth.dennison@gmail.com

Co-regulation expands our capacity to respond to the complexity and intensity of modern life, without getting overwhelmed or burnt out. Practitioners need this resource and so do our clients and students.

"It's great that Beth's methods are not an 'all-or-nothing' type of participation. I appreciated the safe and non-judgmental environment."

~ L.M.



Beth Dennison, MA in MFT, MEd, LMT, SEP

Beth brings 50 years of teaching, psychotherapy, bodywork and study of neuroscience, including Polyvagal theory, to designing learning experiences that rewire our brains for connection and co-regulation. She models the embodiment she teaches. Her groundbreaking book on Body Up! Co-Regulation provides a much needed remedy to the disconnection and dysregulation that pervade modern culture.