

Polyvagal Explorations: True Life Holiday Survival Tales

We're back and so excited to share our holiday tales and lessons learned. Pour a cup a tea and come along on our Polyvagal adventure as we out brief together what worked and what didn't this holiday season.

In this organic series, Health educator and Gemmotherapy expert Lauren Hubele, Japanese Acupuncturist Maegan Lemp and Passionate Polyvagalist Cameron Scott explore the use of the Polyvagal Theory, Asian Medicine and Gemmotherapy extracts to restore a sense of safety and connection. The polyvagal theory helps us build an understanding of emotional patterns enough to interrupt them and change the ways in which we habitually react.

Exploring Polyvagal Theory: A Question from our Audience to Clarify States

Enjoy our teamwork in action as Maegan, Cameron and I work out some answers for our listener in Texas in the special episode.

You won't want to miss these pre-recorded mini-podcast episodes, as we break from our normal recording schedule during the month of December.

Exploring Polyvagal Theory: A Question from our Audience on the Dorsal Vagal State

Enjoy our teamwork in action as Maegan, Cameron and I work out some answers for our listener in Romania in the special episode.

You won't want to miss these pre-recorded mini-podcast episodes, as we break from our normal recording schedule during the month of December.

Exploring Polyvagal Theory: A Question from our Audience on Parents and Teens

Enjoy our teamwork in action as Maegan, Cameron and I work out some answers for our listener in Missouri in the special episode.

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