

Exploration of Polyvagal Theory: Offering Live Client Support for Dorsal Vagal States

You won't want to miss this pilot episode offering live support to Art teacher and mom Ashley Dalme, who is finding the continued challenges of the pandemic weigh her down. You'll hear our suggestions from the Polyvagal, Asian Medicine and Gemmotherapy lens.

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.