

Explorations of Polyvagal Theory: Reviewing the States of Survival

Your nervous system comes well equipped with two states of survival. One of those is the sympathetic state that provides you with the energy to fight or flee and the other state allows you to disconnect and is called the dorsal vagal state.

Knowing the terms is one thing but learning what they feel like is another. Step into our second recap session and learn how Cameron, Maegan, and I experience each of these states.

In this organic series, Gemmotherapy expert and educator Lauren Hubele, Japanese Acupuncturist Maegan Lemp, and the Passionate Polyvagalist Cameron Scott explore the blended use of the Polyvagal Theory, Asian Medicine and Gemmotherapy extracts to restore a sense of safety and connection.

Watch this episode on my YouTube channel [here](#)!