

Exploring Polyvagal Theory and Gemmotherapy: Real Life Learning

In this episode, Megan and Lauren share a few of their recent responses to real-life situations that have provided perfect opportunities to explore Polyvagal Theory and Gemmotherapy extracts for emotional resiliency.

The polyvagal theory is the masterful work of Dr. Stephen Porges that in short, it helps us see and understand habitual emotional patterns enough to interrupt them. In this organic series of on the spot learning, Health educator and Gemmotherapy expert Lauren Hubele, Acupuncturist Maegan Lemp and guests explore the use of the Polyvagal Theory as a guide for selecting extracts.