

# **Exploring Polyvagal Theory: Context, Choice and Connection, what our nervous system craves**

Our nervous system craves context, choice, and connection in its effort to establish a sense of safety. What does that mean in our everyday lives is the topic of this thought-provoking conversation.

The polyvagal theory helps us see and understand habitual emotional patterns enough to interrupt them. In this organic series of conversations, Health educator and Gemmotherapy expert Lauren Hubele, Japanese Acupuncturist Maegan Lemp and Passionate Polyvagalist Cameron Scott explore the use of the Polyvagal Theory and Gemmotherapy extracts to restore a sense of safety and connection.