

# **Polyvagal Explorations: Reviewing the Fundamentals**

Catch this first of four review episodes in our months of polyvagal explorations. Today we go back to basics and look at the terms hierarchy, neuroception, and co-regulation and what they have come to mean for us.

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!](#)