

# Polyvagal Explorations: True Life Holiday Survival Tales

We're back and so excited to share our holiday tales and lessons learned. Pour a cup a tea and come along on our Polyvagal adventure as we out brief together what worked and what didn't this holiday season.

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.