

Wednesday
March 13, 2024
6:30pm-8:30pm

Online Seminar: Polyvagal Theory & Submitting to Survive

Carl Jung

“Until you make the unconscious conscious, it will direct your life and you will call it fate.”

Understanding Dysregulation

This two-hour seminar explains the nervous system states of Fight, Flight & Freeze as well as the survival strategy of submitting when we feel overpowered. We'll explore how our minds, heart and most importantly our bodies, signal when we sense threat or danger. Learning to “read our bodies” is the first step in becoming more regulated in our work, relationships and communities.

- **Cost:** \$125
- **Location:** Zoom (link to be sent out 3 days before)
- **Register:** Complete this link & pay via Venmo to Amy-Au-5
- <https://tinyurl.com/3y394rs5>
- **Questions:** Email amy.au@untold2rewritten.com
- Check out this short video for a glimpse into the power of Polyvagal Theory: <https://www.youtube.com/watch?v=SlhFrBoEnxU>

