

Sunday, April 5, 2020

## Fight or Flight: Releasing Fear

Company: LÎLA – Dance Alchemy for the Soul®

Venue: Online

Location: Hoboken, NJ

► [Share](#) | [Print](#) | [Download](#)



Devin Poore

Fortify your Immune System and Feel Calmer again in this Online LÎLA – Dance Alchemy for the Soul Workshop

LIVE on Instagram – Sunday, April 5, 2020 at 4PM US EST

We are in an unprecedented time of crisis.

One of the fall outs of this pandemic is the experience of trauma.

The body's natural Fight or Flight response kicks in to help us survive in times of great stress.

Common responses include feeling numb, increases in stress hormone cortisol production, high blood pressure, anxiety, depression, and contraction throughout the entire body. The prolonged effects of these responses can severely compromise the system's foundational need for feeling safe and secure, as well as maintaining its immunity. In our Fight or Flight: Releasing Fear experience, learn stress management principles and practices, using the Body Mind System from Dance Alchemy®. You'll learn methods to release physical as well as mental stress, and to restore the innate grounding connection to our Base or Root Chakra.

Join the experience [HERE](#) on Sunday, April 5 at 4PM US EST.

LÎLA – Dance Alchemy for the Soul®  
450 7th Street LL2  
Hoboken, NJ, 07030  
<http://www.kristenmangiondance.com>

Schedule  
April 5, 2020: 4:00pm

[< back](#)

[previous listing](#) • [next listing](#)