

December, 2-30, 2022

## Nervous System Reset

Company: Somalove Therapy

Venue: Dancewave

Location: Brooklyn, NY

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Natalie Deryn Johnson

This class will guide you through movement awareness practices that assist you in rebalancing your nervous system. You will learn somatic grounding techniques and explore inner sensation through gentle movement. Prepare yourself to be ushered into deep states of relaxation and emerge feeling rejuvenated. No experience is necessary!

Teaching Artist: Lillian Stamey

As a Somatic Movement facilitator, Lillian provides immersive, creative, and dynamic learning environments for self-exploration.

Pricing: Donation based

Payment: Paypal [paypal.me/LillianStamey](https://paypal.me/LillianStamey)

Registration Email: [lillianstamey@gmail.com](mailto:lillianstamey@gmail.com)

[www.somalovetherapy.com](http://www.somalovetherapy.com)

@somalovetherapy

Somalove Therapy  
182 4th Ave  
Brooklyn, NY, 11217  
<https://dancewave.org/adult-dance-program/>

Schedule  
December 2, 2022: 7:00pm  
December 9, 2022: 7:00pm  
December 16, 2022: 7:00pm  
December 30, 2022: 7:00pm

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