

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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