

The Couch & Yoga with Lisa Present

Winter Vagal Nerve Reset

Sara & Lisa invite you to join our
5 Week Trauma Sensitive Yoga course
For a Winter Warmer Vagal Nerve Reset.

Over the course of 5 weeks You will receive a relaxing mind and body therapy through Mindful Yin Yoga, Gentle Movement and Meditation, creating a calming and healing reset to your nervous system.

Once relaxation is established we restore confidence through practicing vagal nerve reset and activation methods to develop the ability to manage your daily routine in balance, and bringing clarity and energy to your day.

Previous Clients have found this course helpful to help alleviate symptoms of Stress Anxiety, Depression, Adrenal Fatigue, Exhaustion, Chronic Pain, Mental 'Fog' and Vagal Nerve Shutdown

If you have an ACC Sensitive Claim
you may be able to apply for funding
for this course.

Consult with your provider.

For more booking in information
make contact with
Lisa or Sue. emails below



Sara Scott
Relaxation Specialist /
Counsellor/TSY
BScHonsSW/DipHypPsychUK



Lisa Meehan
Yoga Instructor
BEd/TSY

When: Monday 18th, 25th August, 1st, 8th, 15th September. 7-8.30pm

Where: Flow Studio, Methven



methvenyogawithlisa@gmail.com



sue@activatepsych.nz