

KEYS TO SELF-REGULATION

Hosted by Heartsong Music
2700 W. Anderson Ln, Ste. 320

Saturday, July 18 at 1-5pm

Discover practices to ground yourself, shift self-talk, quiet your mind, calm your nerves, transform your state and build resilience.



Learn skills, tools and strategies for coping with life's challenges. A lived experience of being in your body in a different way! Dress for ease of movement.

\$79 per person

Bring note-taking materials, an exercise mat, and a blanket or pillow.

Register now!

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