



Finding Safety In Your Body

A Somatic Reparenting Experience

Date:
Saturday Sept 19th
Time: 1-4pm

Where:
Rising Lotus
Homer Glen

Experience a 3-hour somatic intensive, neurosomatic tools, inner child and IFS parts work, Reiki, hands-on touch, and trauma-informed yoga, designed to help you become the safe, regulated presence your nervous system has always needed. Every participant leaves with the Regulated Human Toolkit.

Workshop Highlights

- Nurture, Protection & Guidance — somatic reparenting through the Mother Hunger framework
- Meet and heal your inner child through IFS parts work
- Release stored stress through trauma-informed yoga and somatic tools
- Close with a full sound bath and reiki integration
- 7 take-home somatic reparenting tools



10 % off for Rising Lotus Students !!!

Led by Ashley Hartman LCSW PMHC RYT
-200
Somatic & Attachment Trauma Therapist
Founder of The Sacred Becoming

Valued at 697 - \$299 early bird special by Sept 3rd

Sign up here or
at my website



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