

The First Step Toward Growth & Healing

A Somatic Wellness Workshop

A gentle introduction to understanding stress, change, and the nervous system.

Through reflection, nervous system education, somatic practices, and guided imagery, participants explore how awareness, movement, and support can help them move through life with greater connection, flexibility, and self-compassion—one step at a time.

In This Workshop You'll Explore

Understanding Stress & Change

Learn how stress, life transitions, and daily pressures impact the nervous system and overall well-being.

Nervous System Education

Recognize common patterns and responses while gaining a deeper understanding of how your body works to protect and support you.

Somatic Practices

Experience gentle body-based exercises that help increase awareness, release tension, and support a greater sense of ease.

Reflection & Guided Imagery

Use reflection and guided imagery to deepen connection, insight, and self-awareness.

This Workshop Is Helpful For Anyone Who:

- Feels overwhelmed, stuck, or uncertain about change
- Wants to better understand stress and how it affects the body
- Is interested in personal growth and self-awareness
- Seeks gentle tools for greater connection, flexibility, and well-being

You'll Leave With:

- A deeper understanding of your nervous system
- Practical tools to increase awareness and flexibility
- Simple practices to support daily life
- Greater confidence in taking the next step forward

Awareness is the first step.

You don't have to do it alone.

Important Note

This workshop is educational in nature and is not intended to provide therapy or mental health treatment. Participants will be invited to explore gentle somatic practices, reflection, guided imagery, and discussion in a supportive learning environment.

For information about workshop participation, class format, and preparing for class, please see the What to Expect page.

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For educational purposes only. This material is not intended to diagnose, treat, cure, or replace medical, psychological, or mental health care. Please consult an appropriate healthcare professional for individualized support.