

What to Expect

Attending a workshop can sometimes bring questions or uncertainty, especially if you are exploring something new. My goal is to create a supportive, educational environment where you can learn about yourself, your body, and your nervous system at a pace that feels right for you.

A Gentle Approach

Workshops are designed to be educational, practical, and experiential. Depending on the topic, we may explore stress, emotions, habits, change, self-care, and nervous system function.

You may be invited to participate in:

- Gentle somatic exercises
- Breathing and grounding techniques
- Reflection and self-inquiry
- Guided imagery or meditation
- Group discussion and learning

Participation is always an invitation, never an expectation. You are encouraged to engage in ways that feel comfortable and supportive for you.

No Prior Experience Needed

You do not need any background in mindfulness, meditation, somatic work, or nervous system education to attend. Workshops are designed to be accessible for beginners while still offering meaningful insights for those with previous experience.

Participation & Discussion

These workshops are designed to be interactive rather than lecture-based.

While there is always educational content and guided practices, participants are encouraged to ask questions, share observations, and engage in discussion as they feel comfortable.

Often, some of the richest learning comes from hearing how others experience stress, emotions, change, and daily life challenges. You may discover that others have questions or experiences similar to your own.

Sharing is always optional. You will never be asked to disclose anything personal. However, your participation helps create a more engaging and meaningful learning experience for everyone.

My goal is not to spend an hour talking at you through a slide presentation. These workshops are an opportunity to learn together, explore practical tools, ask questions, and connect what we're learning to real life.

You Set the Pace

Your body and nervous system are always working to protect and support you.

There is no pressure to have a particular experience, do every exercise perfectly, or share more than feels comfortable. You are encouraged to participate in ways that feel supportive and manageable for you.

Preparing for Your Workshop

To help create a safe and supportive experience, please plan to join from a space where you can comfortably participate.

For most workshops, you will need:

- A standard, non-rolling chair
- Space to stand and move comfortably
- A yoga mat or comfortable surface for floor-based exercises (if you choose to participate)
- A device positioned so I can see you clearly in the Zoom window

Being able to see you helps me guide exercises safely and offer modifications when needed.

When joining Zoom, you will be asked to allow the host to control your audio (mute and unmute).

Please allow this setting.

This allows me to occasionally check in with participants and then return everyone to mute so each person can participate with greater comfort and fewer distractions from background noise.

You are welcome to keep your camera off during educational portions of class. However, for movement and somatic exercises, your camera should be on so I can help ensure exercises are being practiced safely.

A Supportive Learning Environment

Workshops are intended to provide education, awareness, and practical tools that you can explore in daily life. They are not therapy sessions, treatment programs, or crisis services.

Many participants appreciate having an opportunity to learn alongside others while discovering simple ways to support their own well-being.

What You Might Leave With

While each workshop is unique, participants often leave with:

- Greater self-awareness
- A better understanding of stress and the nervous system

- Practical tools to use in everyday life
- Increased connection to their body
- New perspectives and insights
- A greater sense of self-compassion

Come As You Are

There is nothing you need to fix before attending.

Whether you are feeling curious, overwhelmed, stressed, hopeful, uncertain, or simply interested in learning more, you are welcome here.

Small steps can create meaningful change over time.

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