Emotional Survival Self-soothing patterns and origins

A 6-week exploration into how and why we have the soothing patterns we have.

We will dig deep into our habituated tendencies in a loving, safe and nurturing environment.

For all who are curious about the patterns and behaviors we involuntarily and unwittingly perpetuate in our lives.



Recognize the pain you seek to soothe

May 23-June 27, 2023 Tuesdays, 6-8pm MST Online or Hybrid

A HEALING CLASS: HYBRID OR ONLINE \$240

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