

# Alive Again

## Resetting and Retuning Your Nervous System

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### *Participant Expectations and Commitments*

We aim to create a supportive and engaging environment for everyone involved. As a participant in the Alive Again program, we ask that you actively participate in discussions and share your experiences to foster a sense of community and mutual support. Additionally, we encourage you to commit to the suggested activities and practices at home between sessions, as this will enhance your progress and deepen your experience. Punctuality and attendance at all sessions are essential for maintaining the group's cohesion and ensuring that everyone benefits fully. Finally, we ask that you approach each session with an open mind and a willingness to engage in new practices that may be outside your comfort zone, as this is crucial for your personal growth and healing.

### *Highlights of Each Session - May change depending on group needs.*

#### *Session 1: Awakening Harmony*

Grounding Practice and Check-In: Participants begin by grounding themselves and checking in.  
Introduction to Nervous System: Understanding the nervous system, the importance of resetting and retuning, co-regulation, window of tolerance and amygdala hijack.  
Discussion: Sharing expectations and setting intentions for the journey ahead.  
Therapeutic Activities: Tapping, Breathing Practices, Humming, Chanting and Affirmations.  
Sound Healing: Participants experience soothing vibrations to promote relaxation and balance.  
Closing: Debrief and home practices for upcoming weeks.

#### *Session 2: Rebalancing Journey*

Grounding Practice and Check-In  
Exploring Trauma Release: Introduction to self-regulation techniques and their role in promoting healing and resilience.  
Therapeutic Activities: Shaking, Slow Movement, Pranayama, Yoga Nidra and Sound Healing.  
Stress Release Self-Touch: Participants learn self-care technique to release tension and support healing.  
Sharing: Reflecting on the impact of practices and sharing insights with the group. Home practices for upcoming weeks.

#### *Session 3: Renewal Path*

Grounding Practice and Check-In:  
Cultivating Resilience: Exploring new practices to cultivate resilience and inner strength.  
Therapeutic Activities: Drumming, Tapping, Mindful Journaling, Affirmations and Sound Healing.  
Stress Release Self-Touch: Continued practice of self-care technique for releasing tension and promoting relaxation.  
Sharing: Sharing experiences and discussing strategies for coping. Home practices for upcoming weeks.

#### *Session 4: Harmonizing Wellness*

Grounding Practice and Check-In

Integration and Reflection: Reflecting on the transformational journey and integrating insights into daily life.

Therapeutic Activities: Humming, Breathing Practices, Setting Intentions, Visualization and Sound Healing.

Stress Release Self-Touch: Final practice of self-care techniques to support ongoing wellness.

Closing: Participants come together for a final sound healing session and gratitude meditation.