

\$249*

THE RESET

A course driven by passion, to share the tools that helped me shift from a life of reactivity and dissociation, to one of acceptance, joy and love.

IN THIS COURSE...

- Learn the basics of Ayurveda and Eastern Medicine to recognise imbalance in the body and mind.
- Get to know the Nervous System through the Poly Vagal theory and how to return our bodies to safety.
- Use the BE HERE Method from my book, Watch YA Language to bring us back to presence.
- Practice breathwork, yin and movement to shift our energy!



May you be able to share these tools with another so that collectively, and with practice we can do our bit to change the world on a big scale.

It **MUST** start with us

with love,

Megs Linton

A message from others...



I had been having a really difficult, emotionally dysregulated time lately and found myself regularly moving from fight/flight to shutdown. I was struggling to find safety in my body and environment, and connection with those around me.

The beautiful Meg spoke in depth about the different states our body finds itself in, and that we have the power to change it! Meg led us through the Autonomic Nervous System in a safe, trauma-informed way.

Through movement-based play, I was able to re-experience what it was like to feel safe in my body and connect to people around me.

Meg embodies what she teaches and easily creates a warm, open, protective environment where participants can be vulnerable and share their experiences

If you have a chance to, and if it feels right to you, I would definitely recommend experiencing one of Meg's workshops!

"This workshop was truly a deep journey into the mind and body. It was an enjoyable and interesting experience I got to share with people.

It was very cool the way our body reacts to different energies and how people can change the entire energy in a room in one second. I was interested when I heard this because you don't even realise we are capable of doing that.

It was very interesting how our mind can affect our physical body and the way we hold ourselves. We also played fun games and connected with each other.

I personally found this workshop incredible to take another look inside me. And how to be grateful for what you have and not overwork your body and mind.

It was lovely to join this workshop and be able to talk about things that help us understand us."

Willow - 12



Over the four weeks...

This information is designed to be shared with love. None of it is owned, or mine. I hope that you can pass this on to another.

1

Balancing the body and understanding the wheel

Lets discover the basics of Eastern Medicine (Ayurveda) and learn how to recognise when our wheels start to fall off. This practice will be with you every day as you start to tune in to what you need.

2

Why we get stuck and what we hold onto

With our willpower and choice, we have chosen to hold on (and suppress) moments that we cling to, or resist. Trauma stores in our cells and when we are triggered in our environment it is because we have not let it go. This week we touch on samskaras and how we can learn to forgive.

3

How the Poly Vagal Theory is our map back home

Understanding the three states of our nervous system, Safety, Fight Flight, and Freeze, we can differentiate what it sounds like, looks like and feels like in our bodies so we can then do something about it and return back to social engagement where we are present.

4

The mind, neuroplasticity, and the brain

Why are we so reactive all the time? In this last segment we tie in the teachings of the Triune brain and how we are able to slowly rewire our brains and create new neural pathways through the above teachings

INCLUDED IN THE COURSE

Weekly Live Chat with Megs

Each week I will jump on a zoom call with you all to talk about each of the above topics. This will be fully recorded and yours to watch back or share whenever you like

Journal prompt & weekly workbook

I keep things pretty simple. Each week, I'll provide a weekly journal prompt with a simple practice to do daily.

Yin Yoga & Meditation practices

Yin Yoga is one of the quickest and easiest ways to reset our nervous system and nourish our joints! This practice is divine!

Somatic techniques to balance us

This includes moving our bodies, cranial sacral techniques and breathwork to deliver you effective tools to balance your body in a matter of minutes.

A woman with long blonde hair, wearing a white crop top and a white skirt, stands on a sandy beach. She is looking upwards and smiling. The background shows a clear blue sky and a coastline with hills and water. A large, semi-transparent, light brown shape is overlaid on the lower half of the image, containing text.

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***AVAILABLE UNTIL MAY 1ST
INCLUDING FREE BODY WORK TECHNIQUE TO
START YOUR DAY RIGHT!**

**\$299 AFTER MAY 1ST.
ALL CONTENT SHARED ON ZOOM & EMAIL**

watchYAlanguage.