

## 4 Options - Nervous System Yoga Therapy

It takes courage to heal. Taking a step toward learning how to listen to and kindly respond to what your body needs is radical. This journey is about being compassionate toward your body's signals and responses; it's also a profound journey of Self-discovery.



The most effective way to do this work is in person. I've discovered that if we combine the Nervous System RESET framework, ending each session with time to integrate via Deep Spinal Release Bodywork (Yoga Therapy), there is a shift and a sustainable imprinted experience of being comfortable and safe in your body.

### **My commitments are:**

- I'm not here to 'fix' you; I'm simply guiding you.
- I will keep what you share confidential.
- I commit to being honest, direct, and compassionate with you.
- I will listen to you.

### **For this work to be effective, YOU must commit to the following:**

- I will take responsibility for myself.
- I will ask for support when you need it.
- I will do the homework to the best of my ability.
- You commit to being compassionate toward yourself as a practice.

**For a sneak preview** - Please watch the [Nervous System 101](#) video

### **Option 1: Zoom only, no Bodywork (\$555)**

- 1 Intake session
- 6 Nervous System RESET practice sessions
- 3 Check-in sessions

### **Option 2: In person (\$997)**

- 1 Intake session + Deep Spinal Release Bodywork
- 6 Nervous System RESET practice sessions + Deep Spinal Release Bodywork
- 3 Check-in sessions + Deep Spinal Release Bodywork

### **Option 3: in person + home practice (\$1429)**

The program generally consists of 14 sessions\*

- 1 Intake session + Deep Spinal Release Bodywork
- 6 Nervous System RESET practice sessions + Deep Spinal Release Bodywork
- 3 Check-in sessions + Deep Spinal Release Bodywork

- **4 Instructional Sessions to develop your own Deep Spinal Release Home Practice**

**Option 4 :in person DSR Bodywork (Yoga Therapy \$432).**

- 4 Deep Spinal Release Bodywork sessions - (some components below are excluded)

**\*Monthly Payment Plans Available.**

**The other components of this work are**

- **Education** - we do five short videos one at a time, spreading them out throughout our sessions.
- **Micro-practices** - There are super short practices that will assist you in learning how to respond to your nervous system.
- **Co-regulation:** When we work together, your nervous system responds to mine. If you work with others, you'll also notice that your state greatly impacts those in your sphere of contact, including animals.
- **Tracking** - I'll teach you 2 ways to track your nervous system, and you don't need a \$1200 device for that.
- **Bodywork**—Doing DSR (Deep Spinal Release) bodywork after the Nervous system component helps you integrate and resolve tensions held in your spine. Spinal Release is instrumental in finding the calm within.
- **Guidebook:** This book contains all the explanations for the micro-practices, more information on how your nervous system works, and space for journaling your own experiences.
- **Homework** - you'll have assignments to complete between sessions that will not take much time.

**The sessions start as weekly** until we get to a point where you are ready to take more time between appointments to practice on your own. The process generally takes 3 to 4 months to find your groove and integrate. The practices you will be learning you will continue to use long after we work together. Nervous System RESET is a framework with lasting effects and gives you the tools and resources for the rest of your life.

I look forward to working with you! Let me know if you have any questions!

Janis M Fish

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**\*SOME PEOPLE NEED MORE SESSIONS than 10**

**In-person** - individual sessions \$120 - I do have discounts for a series of 4 sessions.

**Zoom** - Individual sessions are \$108 per session, discount for a series