For those recommending Nervous System RESET:

Hi \_\_\_\_\_\_\_

This framework for working with your Nervous System is effective on so many levels. I’ll include a few of the key points, and I’ll provide a short article comparing it to other similar work. I’ll also include an article published on Medium by Janis AND two very short video clips from organic conversations Janis had with people who have done Nervous System RESET.

[Published Article link](https://medium.com/%40hercurrent/the-nervous-system-revolution-what-actually-works-f23635924940) – Recent article written by Janis published in Medium

[Clip of Marcia Wade](https://youtu.be/Dnkw3-Jg1qM) – Super short, check it out

[Clip of Audrey Marie](https://youtu.be/2mi4HMqQCn4) – again, super short

* The overview is that you are learning to have an allyship with your primal animal body, your Autonomic Nervous System. This is creating a more loving relationship with your being
* There is a way to track and respond using a few different tools you will learn
* These are VERY short practices that are simple, easy, not remotely time consuming.
* The practices create new neuropathways, which move you toward ‘safety physiology’
* There is a Restorative Tremor practice that discharges fight/fight/freeze physiology
* The cost is tiered pricing or a pay as you can starting at $395 for about 8 sessions,
* In some cases, you can use FSA, HSA
* Janis offers a 15 minute complementary call or Zoom

Janis M Fish C-IAYT (Certified Yoga Therapist), Nervous System RESET, Events

Fully Certified and Insured as a practitioner of both modalities

<https://www.embodimentjanis.com/nervous-system-reset.html>

**P.S**. If you are REALLY interested and want a little more information watch the video Nervous System 101 via the link above. It’s the way we would first begin if we do end up working together.