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## Applied Somatics: Practices For Turbulent Times (LLPOT 993)

T 9/17/24, 9/24/24, and 10/01/2024, 6:00 to 8:00PM

Conny Wegener, Ph.D.

**Course Overview:** Particularly in turbulent times, fear-based behaviors can obstruct our capacity for connection and appropriate responsiveness. Our core limiting beliefs shape how we interact with ourselves, others, and the world around us. Often unconscious, these conditioned patterns hinder our ability to respond authentically to the present moment, drawing from past experiences instead. Embedded within these somatic practices are teachings on the interplay between mind and body, ensuring a holistic integration of theory and practice. This three-session course delves into uncovering these default relational modes, gaining clarity, and cultivating new approaches that foster compassionate connections and transformative responses. Through somatic practices such as body scans, movement exercises, and paired activities, participants will deepen their understanding of themselves and explore new ways of relating and showing up.

**Course Objectives:** Upon successful completion, the student will be able to:

1. bring their body from stress to calm
2. have a deeper understanding of their core limiting beliefs
3. better navigate stressful situations and difficult conversations

### **Resource Requirements:**

Come in comfortable clothes that you find easy to move in

### **Course Outline:**

Module 1: We will learn and practice to anchor and relax our bodies

Module 2: We will explore our core limiting beliefs through meditative inquiry

Module 3: We will work with a real-life challenge and practice to skillfully respond

Learn more.  
Do more.  
Become more.