

Experience a Grounding Session

This is your nurturing space to invite curiosity about how your body may be holding emotions, feelings, and experiences to find the self care and regulation methods you can access whenever you need.



[LEARN MORE](#)

There's so much clarity and wisdom living within you.

The mind and body are deeply connected. The more you can understand about the way your psychological health is experienced throughout your body as physical symptoms, sensations, and changes, the more tools you can gain to self regulate, ease the impact of stress, anxiety, etc., feel more connected to yourself, and build deeper self-trust whenever you need them.

In a time when there are endless ways to disconnect from ourselves, we invite you to work alongside our **Mind & Body Wellness Coach** to explore new ways to nurture your mental wellbeing, starting in the body. Feel the impact of a 50-minute grounding session to practice somatic wellness, mindfulness, breath work, and self care techniques tailored to you.

Here's what a 50 minute grounding session looks like:

- Explore the specific symptoms, shifts, and signals that you can feel in your body from stress or anxiety, as key insight about what you may be needing to feel grounded
- Begin to interpret symptoms as messengers from within to guide us to the most impactful somatic, mindfulness, and self care practice to try together
- Walk through a few practices to find what aligns to the way you want to feel
- Feel confident to access the practice whenever you're needing it in the future

After the grounding session, you can always welcome regular coaching sessions into your life to honor any direction you're hoping to grow with further tailored guidance in areas of self care, mindfulness, nutrition, intuitive movement

MT

MYMODERNTHERAPY.COM