

EVERYDAY NERVOUS SYSTEM SKILLS

Take a little time each week to reset and recharge. Our sessions blend gentle movement, mindful breathing, and simple self-care practices that anyone can do.

You'll discover easy ways to:

- ✦ Calm your nervous system
- ✦ Release stress from your body
- ✦ Feel more present and grounded
- ✦ Build small habits that support your well-being



No experience needed—just come as you are. These sessions are for all ages, all bodies, and all levels of life-busyness. Leave feeling lighter, clearer, and more at ease. Join us today!



ABOUT

- **Bi-monthly LIVE 30-minute group**
 - Breathwork
 - Relaxation
 - Mindfulness + Visualization
 - Gentle physical movement
 - Discussion + Q&A
- **On-Demand Library:**
 - Library of Sessions, Bite-Sized Skills, Meditations, and Breathwork, you can enjoy anytime and anywhere



LIVE GROUP SCHEDULE

Virtual Via Zoom

1st + 3rd Thursdays:

9:00-9:30am CST

Optional 5-10 min Q&A

Sept 3, 17

Oct 1, 15

Nov 5, 19

Dec 3, 17

All welcome +

No experience necessary

REGISTER

- 1- Scan QR Code
- 2- Enter coupon code received from Kettle Moraine Counseling
- 3- Purchase + Create Account
- 4- Enjoy a session today!



\$20
Per Month

Groups can also be paid for through insurance, HSA, or you can join the membership at a discount.

BENEFITS

- Reduce stress and overwhelm
- Feel calmer and more resilient
- Improve body awareness and emotional regulation
- Build healthy habits that support long-term well-being
- Connect with yourself in a supportive, welcoming space



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Reach out to learn more, schedule a free 15-minute consult, or register for sessions.