

Move

Description

movement to soothe an overactive nervous system

The nervous system is that really cool part in your brain whose sole purpose is to make you feel safe by—among other things—regulating your stress levels. In our busy, always-on modern world, most of us are overstimulated. Movement is a fantastic way to help activate the parasympathetic nervous system to counter-balance an overactive brain. It will leave you feeling more grounded and connected to yourself.

Here, you will never come to compensate for calories, to do sets of reps, and you will never hear me ask you to “push harder.”

Sign for the Restorative Bubble

Gentle movement practices straight into your inbox every month. No need to change into workout clothes; most of the practices are meant to fit a 10 minute work break. Join now!

Date Created

August 3, 2021

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