



An equine facilitated learning session in the Vagal Nerve for Wellness Series. This session is designed for massage therapists to experience the sensitive nervous systems of the equine, tune into their fascia, practice skills of holding space, learning body language, & self management of energy to support our interactions with clients and our own long term wellbeing ...and to have a really fun experience

An Equine experience to explore nervous systems, fascia & the Art of holding space

A unique learning opportunity to explore more with the vagal nerve using horses, enjoy a day in nature & experience connection with these amazing animals.

This session is a special workshop being offered as a part of the Exploring the Vagal Nerve for Wellness series.

No experience with horses is needed !

It is designed to be a unique CEU learning event to explore out of the box ways to develop body awareness, nervous system sensitivity & all of the practical skills that come from that.

Horses are big. They also are very sensitive in their nervous system , and show very visible effects of fascial unwinding . They are also great reflectors of body language and our own nervous systems energy .They offer a tremendous opportunity for increasing sensitivity , awareness and subtlety of touch.

- A chance to try hands on fascial work in an animal context & explore different levels of touch and pressure for non force fascial work , tuning into nervous systems & fascia and bone release
- Learn a vagal nerve breath work with the horse and yourself for creating greater let down effects
- Learn and experience the practices of attunement and coherence with the amazing beings Discuss the physiology of nervous system states and its effects on connective tissue , inflammation & the biome
- a unique experience for learning and healing in nature based environment
- Q and A sessions about nervous system wellness and nature based healing for ourselves as well as with clients

- **This is an equine facilitated session for learning vagal nerve tools relevant to bodyworkers and not a training to learn to treat horses. Please be respectful of certifications to provide clinical animal therapy.**

Workshop Details:

This is a 7 hour in person and hands on workshop presented by Dr. Susan O'Leary from 9:30-4:30

* CMTNL approval for Cat A CEU's 3.5 hrs
CEU approval :MTANS ,PEIMTA, Atlantic physio branches
pending approval CMTNB

REGISTER via the shop page

course details and registration form will be sent out by email from
soleary@soulwellbeing.ca



Dr. Susan O'Leary

SOuL Wellbeing

soleary@soulwellbeing.ca

- **About Susan and SOuL:** is a Dr of Chiropractic who has been using fascial techniques since her time in CMCC in Toronto. Her work has also in recent years expanded into training to work on horses and using integrative bodywork in what is now being called “sub-threshold techniques” that work with the nervous system to create tissue and full body changes. Susan also has yoga teacher training and has been a yoga student for 25 years and this informs her approach and integrative style. In her undergraduate days, Susan graduated from MUN with a BSc in Psychology where she focused on neuroscience. This was the starting foundation of her interest in studying the effects of the nervous system on healing, wellness and what we now call self care. Over the last 25 years of her time as a healer and bodyworker, she has explored many courses on mind body wellness and techniques. As a wellness professional she has been an owner and partner in several wellness and integrative medicine clinics, and as a former high performance athlete in the sport of curling, she was able to learn how to manage the effects of adrenal stress on performance, tools for recovery, and management of flow of training for optimal results. Susan uses this mix of experiences to create and inform programs applicable to many performance needs, and in continued curiosity of how we can evolve our understanding of supporting people in healing, recovery and creating a healthy planet.

Some testimonials:

-I absolutely loved the classes, the breathing has been my go to on my lunch breaks and things I didn't know were bothering me are releasing. Having these tools is exactly what I needed. MF

-It was such a pleasure to be in attendance. I learned much more than I expected and I'm very excited for the next event. BD

-Thanks to you Susan! I am using the breathing and I also shared it with some clients who are reporting relaxation greater than they have ever felt in a session before. JD

Try one workshop, do this one thing for yourself and just try. PF



SOuL is on a mission to offer and help create high quality wellness experiences that contribute to feeling well with inspired thinking, healthy lifestyles and a new way forward with how we integrate quality of life and true wellness into our homes & workplace . Soul Wellbeing is a purpose based company that is dedicated to advocating for wellbeing and adding to creating a well planet and has a for profit Social Enterprise aspect called Healers Creating Change that is intended to give a leg up to kids with inspired ideas for healing the planet.

Susan has branched out into what she is intending will be innovative consulting of individuals and group settings that can help transform wellness programs to contribute to sustainable shifts in wellbeing and its related value to happiness ,satisfaction and sustainability as outlined in the UN's sustainability goals .