



This is a 3 hour workshop and discussion on practical understanding of how we can use the nervous system as bodyworkers to create improved healing in our clients. In an interactive and discussion based session , Susan wants to introduce how Polyvagal Theory and understanding the vagal nerve is relevant to our day to day lives and useful in treatment sessions. The intention is to cover a variety of topics on practical applications of the theory in wellness care approaches.

## Practical understanding of Vagal Tone

A class for bodywork professionals on becoming more fine tuned with working with the nervous system in your sessions

This course is a 3 hour session . It can also be bundled with a full day workshop:

[Using Fascial Work to help support the nervous system](#)  
[Bundled Cost for both workshops is \\$350](#)

### What this workshop includes:

- Understanding of the Polyvagal Theory, its origins in research and why it is expanding in its application to wellness.
- The role of the vagal nerve in bodywork and how and why it can be integrated easily into treatment sessions for improved results.
- The emerging role of nervous system health in regenerative and integrative health models
- Example of a vagal breathing technique that Susan uses with all of her clients
- Example of using a wearable from Heart Math Institute that is part of the technology arising around vagal nerve tone and creating what's called Heart Coherence
- Introduction to the role of biome health and probiotics in nervous system wellness , inflammation & Metabolic issues

# About your Instructor

## Workshop Details:

This is a 3 hour in person workshop presented by Dr. Susan O'Leary .

REGISTER via the shop page

your course details and registration will be sent by email [soleary@soulwellbeing.ca](mailto:soleary@soulwellbeing.ca)

iSome 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 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



**Dr. Susan O'Leary**

**SOuL Wellbeing**

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Susan is a Dr of Chiropractic who has been using fascial techniques since her time in CMCC in Toronto. Her style is an integration of what was learned from her mentors at CMCC in cranial-sacral work and visceral manipulation , courses with the Upledger CST and John Barnes MFR. 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 systemic 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 with our clients and ourselves as therapists. Over the last 25 years of her time as a healer and bodyworker, she has explored many courses on mind body wellness and techniques, including the

endorphin effect with William Bloom in the UK, and the Polyvagal theory of Stephen Porges. 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.

**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 choices. 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 with individuals and in 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 .

