



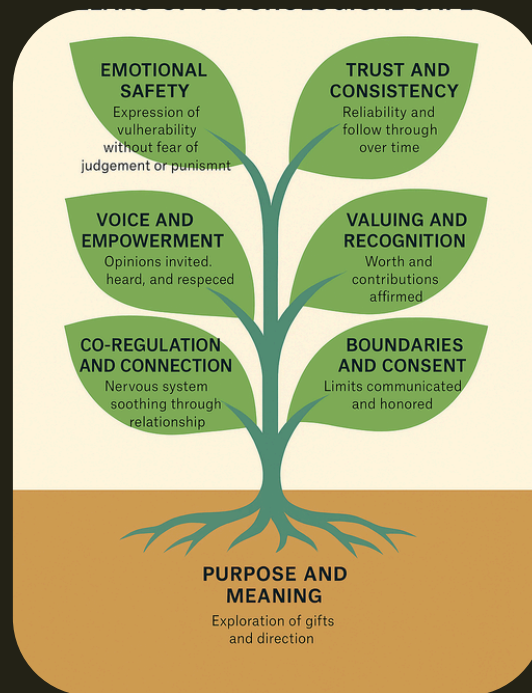
# SIMPLY SACRED SOLUTIONS

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Discover a supportive, integrative approach to reconnecting with your body, releasing trauma, and cultivating resilience.

BOOK NOW  
FOR  
VIRTUAL OR  
IN PERSON  
SESSIONS

## SOMATIC REGENERATION



A holistic path to nervous system healing & renewal

Auroara Leigh, BA, MEd

# WHAT IS SOMATIC REGENERATION?

Somatic Regeneration is a mind-body connection session designed to help you:

- Reconnect with your body
- Release stored trauma
- Cultivate a Nervous System Reset
- Practice Self Love and Care
- Re-Story Inner narratives

Blending Western science (nervous system physiology research, trauma studies, attachment and polyvagal theory) with spiritual traditions (energy work, meditation, sound healing), this practice supports your core authentic self to emerge while we work with your experiences that have disconnected you.

*Note: This work complements your health and mental health routines. It is not a replacement for medical or psychiatric care.*



## HOW CAN IT HELP?



### People come to Somatic Regeneration to:

- Feel calmer and more grounded
- Release old patterns of stress, fear, or “freeze”
- Support nervous system health and resilience
- Reconnect with their inner child and core self
- Shift limiting beliefs and create new patterns at the root cause
- Access deeper states of rest, balance, and wholeness
- Connect to their authentic self
- Deepen intimacy in relationships

### Discover the Bridging of Medicines

Somatic Regeneration honors both the science of the nervous system and the wisdom of the spirit and innate healing.

By integrating clinical-informed tools with holistic practices, it supports your mind, body, heart, and spirit.

## THE PROCESS

### Intake Session – \$350

Begin with a comprehensive intake session to explore your history, current nervous system health, and goals. Together, we'll create a personalized healing plan.

### Healing Sessions - \$250

*Tailored sessions may include:*

**Somatic Practices:** nervous system release, regulation, polyvagal-informed approaches

**Inner Child & Core Beliefs:** exploring and rewriting inner stories

**Attachment-Based Work:** repairing patterns of connection

**Energy Work:** Reiki, Soul Retrieval, Theta Healing, Prayer or Intention

**Consciousness Practices:** meditation, visualization, thought pattern rewiring

**Sound & Rhythm:** drumming, sound therapy

**Spiritual Awareness:** connecting to deeper meaning

One on One - Deep Mentorship Containers Available on Request