

Dr. Arielle Schwartz - Vagal Toning for Resilience 2025

Join Arielle for a 7-week journey to:

- Regulate your nervous system and **enhance vagal tone** — the keys to reducing stress, improving digestion, and boosting immunity
- Release stored trauma and **reset subconscious stress patterns** through breath, movement, and somatic awareness
- Discover the profound **connection between your spine, posture, and spiritual resilience**
- Develop your own **resilience recipe** to align with your core values, purpose, and intuitive wisdom
- Reconnect with your body's **innate intelligence** to cultivate greater energy, clarity, and emotional freedom

Throughout this immersive program, you'll be guided through **experiential practices** each week, including breathwork, alignment techniques, and postural resets — **helping you feel more grounded**, clear, and in tune with your highest self.

Now is the time to **free yourself from old patterns, reclaim your vitality, and awaken your body's wisdom.**

Whether you're navigating trauma, stress, chronic dysregulation, or simply seeking more grounded clarity in your everyday life — this experiential program will help you come home to yourself.

This is more than a course — it's a reconnection to the healing intelligence that lives within your body.

What You'll Discover in These 7 Weeks

In this 7-week transformational course, Arielle will guide you to strengthen your nervous system, awaken your true nature, and cultivate clarity, vitality, and emotional balance.

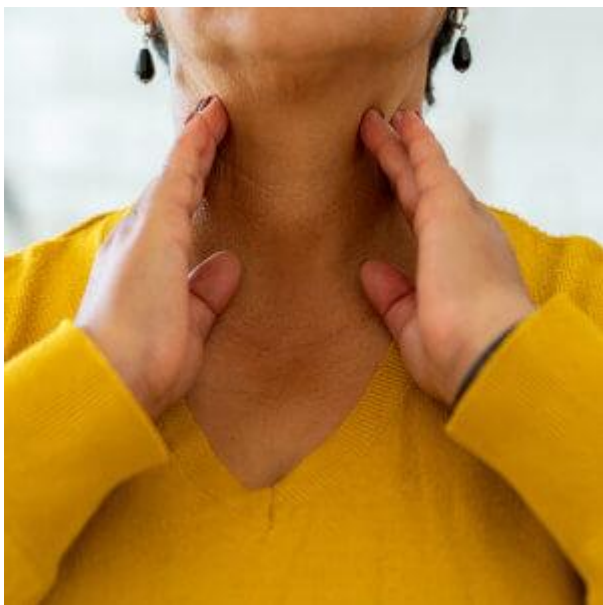
Course Sessions Wednesdays at 3:00am Indochina Time

This course will feature LIVE teachings, interactive sessions, experiential practices, and Q&A with Arielle. Each session will build harmoniously upon the previous ones, so you'll develop a complete holistic understanding of the practices, tools, and principles you'll need to rewire your brain and nervous system through mindful movement, breath, and the wisdom of your wounds.



Module 1: June 18, 2025

Body-Centered Psychotherapies to Awaken to Your True Nature & Embodied Wisdom



Module 2: June 25, 2025

Vagal Toning to Regulate Your Nervous System for a Balanced Body & Mind



Module 3: July 2, 2025

Postural Resets & Therapeutic Yoga for More Restorative Sleep and Reduced Pain & Inflammation



Module 4: July 9, 2025

Access Your Internal Compass to Guide Your Decision-Making Through Somatic Awareness



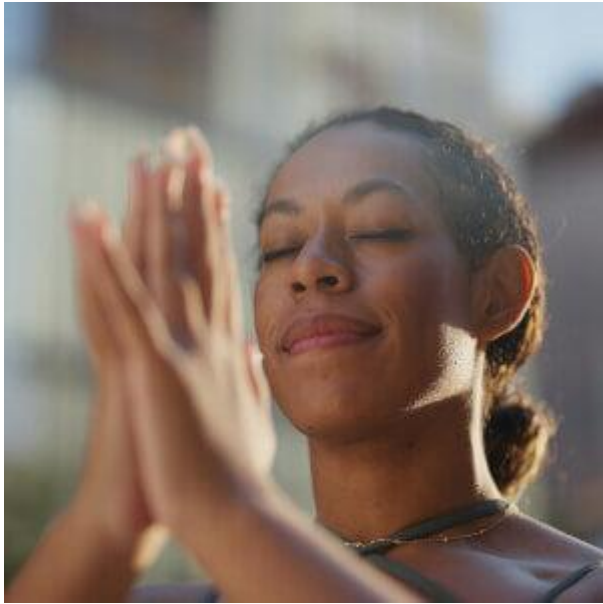
Module 5: July 16, 2025

Energy Alignment & Spiritual Practices to Create a Felt Sense of Freedom in Your Body, Mind & Spirit



Module 6: July 23, 2025

Release Unwanted Tension & Defensive Postures With Polyvagal Theory – “The Science of Safety”



Module 7: July 30, 2025

Create Your Action Plan to Bring Resilience & Alignment Into Your Daily Life

[Register Now](#)

SPECIAL BONUS OFFER

When you register by Saturday, June 7, at 2:00pm Indochina Time, you'll receive special bonus offerings designed to complement Dr. Arielle's transformative 7-module course — and deepen your understanding and practice even further.



Bonus: Expires June 7

Move Your Body: Heal Legacy Trauma & Enhance Your Resilience

Video Teaching With Dr. Arielle Schwartz

In this 2-hour master video practicum, created exclusively for The Shift Network, Arielle teaches that when the wounds of one generation remain unresolved, they can be passed on as a legacy. Be ready to move and be moved in this engaging, experiential presentation of mind-body practices you can do at home. Follow along as Arielle guides you to release intergenerational trauma on many levels.



Bonus: Expires June 14

Becoming an Embodied Authentic Self: An Interview With Dr. Arielle Schwartz

Video Teaching With Dr. Arielle Schwartz

In this 40-minute video teaching, Arielle shares her own journey of becoming a somatic therapist and yoga teacher, and how embodiment was central to her own healing. She shares the significant influences on her approach to working with others. She offers the three most important factors in healing trauma that are held in the body and guides you through an experiential movement process aimed at helping you come home to your embodied, authentic self.

Plus... you'll receive these bonuses too!



Bonus

Book Chapter: Therapeutic Yoga for Trauma Recovery

Digital Guide From Dr. Arielle Schwartz

This 45-page guide is based on Arielle's vagus nerve yoga. Facilitate your own courageous journey of self-discovery and release the adverse effects of trauma from your body and mind. Be invited to become a compassionate witness to your mind, explore conscious breathing, and discover mindful movement practices that enhance your mental, emotional, and physical health.



Bonus

Webinar: Fascia & the Vagus Nerve

Video Teaching With Dr. Arielle Schwartz

Arielle's 40-minute webinar focuses on the interconnection between the vagus nerve and the fascia of the body. After a short lecture with slides, hone in on the role of self-applied touch in areas of the face and neck where the vagus nerve is close to the surface of your skin. The vagal toning strategies in this session are focused on providing you with relief if you tend to clench your jaw, grind your teeth, or are prone to tension headaches. Explore gentle movements focused on letting go of tension around the upper chest and heart before closing with grounding strategies of joint rotations and full-body rocking movements.