



Steady Ground

8 weekly group sessions

Online nervous system support to get more grounded,
feel restored, and handle stress better.

Starts June 5, 2026

Details at a glance:
8 weekly Zoom sessions
(camera optional)

**Fridays, 5pm ET /
2pm PT (GMT-4)**

June 5 – August 7 2026
(no sessions July 3 + 31)

60-75 minutes
COST: Tiered \$120-300

Enrollment open.

Sign up [here](#).

***** Enrollment closes Monday, June 1, 2026 at midnight Eastern *****

You know you manage life better when your nervous system's more regulated.

When you're more regulated, what happens is:

- **You respond better** to challenging situations
- **You have better emotional regulation** – less emotional roller-coaster and more of a steadier baseline
- **You feel more connected to your body**, which feels calmer and more settled, more of the time
- **You feel more restored** and have more bandwidth for your life

That's why you've tried **body scans** and **meditation**, or maybe you do **yoga**.

You might even have collected a bunch of **somatic tools** in your kit to use on yourself.

All these practices are meant to **help you handle stress better**.

But somehow you never have the time and space — or honestly, the emotional capacity — to make it happen.

With work, bills, parenting or other caregiving, and community commitments, the **pacing** and the **demands of life** in an ultra-capitalist culture keep you **keyed up in a fight/flight/freeze response**.

👉 You're **constantly in action mode** without taking real breaks.

Stuff has to get done. People depend on you.

You worry that **if you stop, things will fall apart**.

👉 Or, your system wisely **manages your overwhelm** by **disconnecting**, being **less "productive"** and more **shut down**.

So then it's **hard to get your task list done** or even **figure out what to do first**.

👉 On top of that, the very nature of fight/flight/freeze is that **it's hard to switch gears** into recuperation mode!

And that's without even getting into the **intense violence** – political, cultural and environmental – that is surrounding all of us, all the time.

Life in 2026 is just. too. much.

Of course it's hard to take a real pause and do what's needed to nurture your nervous system. I get it.

Here's the thing:

To actually get less stressed and function better, you need two things:

1) Consistent, regular time bringing your body into a **state of calm**

AND

2) To train your nervous system to feel safe enough so it stops overreacting.

This is where STEADY GROUND comes in:

Get regular weekly connection + nervous system regulation so you can be more grounded and handle stress more capably every day.

This group is for you if you:

- Want to feel more grounded, stable and in your body
- Want to move out of fight/flight/freeze and into more steadiness
- Are dealing with burnout, stress or overwhelm
- May live with mental or physical health issues (e.g. anxiety, depression, ADHD, digestive or sleep challenges)

*All genders welcome *

* BIPOC folks: Come on down! *

HERE'S WHAT HAPPENS EACH WEEK:

1. We start with a **nervous system settling practice** so you can let go of the day's busyness and get into a more receptive mode.
2. We then go into a brief **check-in and sharing time** (optional). This includes time for questions about things that come up for you between sessions.


Participation in the chat or by speaking offers a way to engage your social nervous system, adding another layer of regulation.


3. Then you'll settle into a relaxed position (seated or lying down) to **receive Transforming Touch®**, an energy treatment that increases your nervous system regulation.

You'll be guided to follow along with your attention to various parts of your body, **empowering you to help regulate your own nervous system**.

(Read more about Transforming Touch® [here](#).)

4. We'll end with some brief **guided integration** time.

 We'll be a **small, closed group** (About 5 on average) so that we can settle into a safe container and amplify our co-regulation.

 **In between sessions**, you'll also have **access to check-ins** if you have questions about what you're going through, or want that extra layer of connection.

"I feel **more grounded in my body** and also able to **cope with stressors** more capably. The increase in my nervous system regulation has been such an amazing gift!

Alison is deeply respectful, inclusive, compassionate and humble. She maintains a psychologically **safe container** for the group."

Christine Weddle, Columbia, Missouri

WHAT YOU'LL COME AWAY WITH:

- **More groundedness** to navigate stress more easily
- **Less emotional rollercoastering** and faster recovery when triggered
- **Somatic tools** to use on your own that help you:
 - ◆ Calm yourself when you get dysregulated
 - ◆ Get out of circling thoughts, and more in your body
 - ◆ Build your felt safety
- **Feeling less alone:**
 - ◆ Being witnessed and held in your process with compassion
 - ◆ Social connection at your own pace and choosing

Past STEADY GROUND participants report:

- Better emotional regulation, and bigger capacity to be with dysregulation
- Handling stressful situations better
- Feeling deeply restored and regulated
- Less stress-related pain and less stress overall
- Experiencing more spaciousness and calm in their body

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This group is a good fit for you if:

- You have enough inner resource to be present with dysregulation and emotional intensity
- You have some experience with meditation or body-scanning and are comfortable with it
- You're okay with a lot of quiet sitting/lying down

This group won't be right for you if...

- You're experiencing a lot of dysregulation – i.e. panic, very strong fight/flight/shutdown reactions — in this case, one-to-one support is advised
- You're struggling with your mental health
- You have a hard time self-soothing when triggered
- You're better off with someone there to support you

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FORMAT:

- 8 weekly sessions, 60-75 minutes
- on Zoom (your camera can be on or off)
- closed enrollment (i.e. not drop-in)

DATES/TIMES:

Fridays @5pm Eastern (GMT-4) / 2pm Pacific

Sessions are 60 to 75 minutes to allow for questions + optional group sharing

June 5*

June 12

June 19

June 26

(No session July 3 US Long Weekend)

July 10

July 17

July 24
(No session July 31 Canada Long Weekend)
August 7*

*NOTE: The first and last sessions will likely be the full 75 min for container-setting and wrapping up.

"Alison held an incredibly **safe, gentle, and profoundly restorative** space. She accommodated my specific needs which is very appreciated!

I would HIGHLY recommend these group sessions for anyone wishing to **decrease their stress/anxiety** and experience **more peace and calm** in their lives."

STEADY GROUND participant

COST:

I'm offering **affordable pricing**, in the spirit of equitable access to care.

Tiered pricing lets me open up access to this work while honouring my own need for financial sustainability.

I invite you to consider our exchange as **an act of mutual care** ❤️

Please choose the amount you can contribute without harm to yourself and your needs.

Choose a tier that best fits you:

Those in US / UK / Europe pay in **USD**; Canadians and all other countries pay in **CAD**.

→ Supported: \$120 (= \$15 per session)

- ◆ *"I have very limited finances, and paying more would create significant strain and impact my basic needs."*

→ Regular Rate: \$200 (= \$25 per session)

- ◆ *"I have a stable income or financial security, and have the means for non-essential things (e.g. eating out sometimes, regularly buying coffee, paying for subscriptions or other entertainment)."*

→ Pay it forward: \$300 (= \$37.50 per session)

- ◆ *"I am financially secure (e.g. multi-income household, over \$70,000 income). I'm glad to share my resources to enable others to get the benefits of this work, in the spirit of equity and community care."*

Payment plans are available with a \$10 admin fee. Reach out to contactalisonchan@gmail.com

"I was **struggling with disembodiment** and skepticism for somatic modalities. I had never met or heard of Alison prior to this session, but that didn't matter one bit!

Alison immediately **put the group at ease** with her gentle spirit and comforting language. I left **feeling present, grounded, and free from the usual overwhelm**"

TK, participant in another group offering

HOW TO SIGN UP:

1. [CLICK HERE](#) to enter your info.
2. Check your inbox for payment instructions.

***** Enrolment closes Monday, June 1, 2026 at midnight Eastern *****

Not sure yet about committing to 8 weeks?

Come get a taste of the work at the next [Stress-Relief Session](#).

These are **single sessions**, open to everyone, where you receive Transforming Touch®, just as you would in STEADY GROUND.

Friday, May 22 at 4:30pm ET / 1:30 PT (GMT-4)

Free/By donation.
Click [here](#) for more info.

MEET YOUR FACILITATOR



Alison Chan (She/They):

I'm a 1st-generation immigrant and somatic practitioner living in Toronto/Tkaronto/Treaty 13.

I support cis women and queer/trans folks with emotional challenges that don't improve with talk therapy.

With body-based, trauma-sensitive support, clients can feel safer and more at ease in their bodies, handle stress and relationships better, and find more space for choice and pleasure in their lives.

springtidecraniosacral.ca
contactalisonchan@gmail.com

I do my best to create an **inclusive space** for all genders, racialized identities, abilities and sexual orientations.

I welcome and encourage feedback so I can do better.

FAQ's

What is Transforming Touch®?

Transforming Touch® is a form of touch therapy which regulates the nervous system and helps the brain repattern attachment wounding and other early trauma.

It came out of Dr. Stephen J. Terrell's work with adoptees and neurodivergent children. Check out austinattach.com for lots more information.

Transforming Touch® has been adapted for work online as Transforming Intentional Touch®.

Can I try a session before I commit to the group?

Definitely! The [Stress-Relief Sessions](#) are very similar to what we do in Steady Ground, except that it's a different group of people each time, and they're free/by donation.

Upcoming dates and info [here](#).

I'm not 100% sure this is for me. Can we talk?

For sure! Email me at contactalisonchan@gmail.com to schedule a short chat.

You can tell me what you're struggling with or what support you're looking for, and I'll help you figure out if it's a good fit. Zero pressure :)

What currency is the payment in?

US/UK/European participants pay in USD.

Canadians and those in all other countries pay in CAD.

Will there be refunds?

No refunds for missed sessions.

If you decide the program is not working out for you, please contact me so I can do my best to address the problem. If we still cannot make it work and you decide to cancel, I will refund the remaining sessions minus an administration fee of \$15.

What if I can't make a session? Are there recordings?

Part of what creates safety for our nervous systems is consistency – showing up regularly and being with the same people.

You'll get more out of it and honour your own and others' experience of safety by committing to attend every session.

Besides, the magic of this group is in the live participation:

- being held in the communal energy field
- witnessing and learning from each other's sharing
- seeing people's faces and expressions

...in other words, co-regulating!

However, sometimes it's unavoidable to miss a session: illness, sudden family care needs, tech problems, etc.

The short answer:

If you can't avoid missing a session and you want an audio recording of it, you can request one. A link to stream the audio recording will be sent to you, within 3 days, and be accessible until two weeks after the series ends.

For confidentiality reasons, the audio will exclude group discussions/check-ins, and only include the guided bodywork part of the session. No participants will be audible on the recording.

You are strongly encouraged not to treat the audio recording as a substitute for joining in live!

I want to sign up but it's full OR the date/time doesn't work for me at this time.

[Click here to get on the waitlist](#); You'll get first notice about future rounds.

Plus: you also get my engaging emails with insights and tips for understanding your emotions and working with early trauma through your body.

(Hey – if it's a scheduling issue, let me know your best times + days by emailing contactalisonchan@gmail.com. I may be able to pick future times that work better for people.)

Any other questions:

Email me (Alison): contactalisonchan@gmail.com

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