



Steady Ground

An online nervous system group to grow your resilience

Receive 8 weekly energy sessions in a small, supportive group to feel more regulated, in your body, and better able to handle stress.

It's obvious: You do better when your nervous system's steady.

That's why you've probably tried body scans and meditation, or maybe you do yoga — because it's supposed to help you handle stress better.

When your nervous system is better regulated, what happens is:

- **You respond better** to challenging situations

- **You have better emotional regulation**; there's less emotional roller-coaster and more steadiness
- **You feel more connected to your body**, which feels calmer and more settled
- **You feel more restored** and have more capacity for your life

⇒ What really makes the difference is **consistent, regular time bringing your body into a state of calm**, and helping your nervous system understand that it's safe enough to let down its guard.

OK sure, you can be aware of all that.

You might even have collected a bunch of somatic tools in your kit that you can use on yourself.

But it's hard finding the time and space — and honestly, the emotional capacity — to make it happen.

There's just too much going on.

With work, bills, parenting or other caregiving, community commitments, and social activities, the piling and the demands of life in an ultra-capitalist culture tends to keep people keyed up in a fight/flight/freeze response.

And that's without even getting into the intense violence that is happening politically, culturally and environmentally all around you.

👉 You might habitually go into **constant action mode** without feeling able to slow down.

👉 Or your system, in its wisdom, might manage overwhelm by being less engaged, less "productive" and more **shut down**.

That makes you feel **less able to organize yourself or get things done**.

👉 On top of that, the very nature of fight/flight/freeze is that it is hard to switch gears!

So of course it's not always easy to take the reins and do what's needed to nurture your nervous system.

This is where Steady Ground comes in:

To give you a regular, reliable experience of connection + nervous system regulation so you can meet life with more resilience.

This group is for people who:

- Want to feel more grounded, stable and in their bodies

- Want to move out of fight/flight/freeze and into more ease
- Are dealing with burnout, stress or overwhelm
- May live with mental or physical health issues, like anxiety, depression, ADHD, disordered eating, digestive or sleep challenges

*All genders welcome *

* BIPOC folks: Come on down! *

Previous group participants have reported:

- 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

"Alison Chan is wonderful at creating an atmosphere of safety. She has a soothing, calming presence.

You will leave Alison's sessions feeling more grounded, embodied, and regulated, and your nervous system will thank you! "

FB, 1:1 client

WHAT'S INVOLVED:

Sessions start with a brief check-in and sharing (optional).

Then you'll be guided through a nervous system settling practice before receiving Transforming Touch®, an energy treatment that regulates your nervous system. We'll end with some brief guided integration time.

During Transforming Touch®, you'll be seated or lying down while you receive energy work that helps your nervous system to down-regulate.

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.

Optional participation in the chat and in our brief check-ins offers a way to engage your social nervous system, adding another layer of regulation.

It'll be a small closed group (10 people max; it's been 5 on average) so that we can settle into a safe container and amplify our co-regulation.

WHAT YOU'LL GAIN:

- **Greater steadiness** to navigate stress
- **More capacity** to handle emotional challenges
- **Somatic tools** to use on your own that help you:
 - ◆ Stay steady when you get dysregulated
 - ◆ Connect to your body
 - ◆ Build your felt safety

→ **A sense of community:**

- ◆ Being witnessed and held in your process with compassion
- ◆ Social connection at your own pace and choosing

=====

This group is a good fit for you if:

- You have enough inner resource to be 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 appropriate 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

=====

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 @4:30pm Eastern (GMT-5), 1:30pm Pacific

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

January 30*

February 6

February 13

February 20

February 27

March 6

March 13

(No session March 20)

March 27*

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

"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 a standalone session

COST:

I offer affordable pricing, in the spirit of equitable access to care when 1:1 sessions are not in reach.

Within this, I'm offering tiered pricing so that I can meet you at your level of financial capacity while also finding a way to honour my own needs for financial sustainability.

Please choose the amount you can support without harming yourself, while also recognizing that our exchange can be a reciprocal act of mutual care.

Choose a tier that best fits you:

Those in USA / 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: \$280 (= \$35 per session)**

- ◆ *"I am financially secure (e.g. multi-income household, over \$70,000 income). I'd like to help fund accessibility for others, in the spirit of equity and community care."*

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

"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."

Group participant

HOW TO SIGN UP:

Enrollment is now closed for Jan-March.

[Get on the waitlist](#) to get notified when the next round opens.

Not sure yet about committing to the series?

Come get a taste of the work at the next [Free Stress-Relief Session](#).
These are single sessions, open to everyone.

Click [here](#) for more info.

YOUR FACILITATOR



Alison Chan (She/They):

I'm a BIPOC, 1st-gen 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, they 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.

FAQ's

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

Definitely! The [Stress-Relief Sessions](#) are almost identical 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.

So: 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, it 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 recording as a substitute for joining in live!

What is Transforming Touch®?

Transforming Touch® is a form of touch/energy 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 more information.

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

springtidecraniosacral.ca