

VAST - Somatic Reset Sessions

- *Anxiety?*
- *Sleep issues?*
- *Lingering trauma?*
- *Family & relationship challenges?*

Are you ready for a shift? You're not alone! Everyone suffers from time to time with any or all of the above. VAST* "Somatic Reset Sessions" offer a simple, repeatable method for starting the work of moving forward and making the shift from "trauma-based" to "generative" living.

Our goal in this work is a complete reset for your nervous system. Each session follows the same simple framework, inviting you to experience loving, compassionate listening, in a safe space completely focused on you!

The process repeats week upon week, and as you experience what's missing (safe, secure, focused, loving attention), your nervous system responds to that secure frame, and quite naturally begins to let go of trauma-based patterns. This nervous system reclamation is the first, essential step toward free, generative living.

Somatic Reset Sessions are available as stand-alone therapies, or as an adjunct to homeopathic treatment. Best results come with regularly scheduled sessions over a period of weeks or months. Please ask about an individualized package!

Somatic Reset Session - Package Pricing	
Weeks / Sessions	Package Price
1	\$50
2	\$95
3	\$135
4	\$160

"Working with you through VAST offered something rare: a gentle return to my own body. Through your steady presence and the depth of the work, my nervous system began to soften and reorganize. Safety was not imposed or explained—it was felt. Slowly, my body remembered that it did not have to brace against every moment.

"What shifted was more than relief. I found trust again—trust in my sensations, my breath, my inner signals. I learned that regulation could arise from listening rather than pushing, from allowing rather than controlling. The work met me exactly where I was, without force, and from that place, change emerged naturally. J.C.

*VAST = Visual and Somatic Therapies combines somatic work with the arts and energetic exploration. Complete VAST sessions may include any the following:

Somatic Reclamation (SR) focuses on reclaiming the nervous system's natural reflexes. Your body knows just what's needed to free itself from the stresses of everyday life. SR is a simple, powerful technique that allows you to unburden your nervous system from habitual patterns.

Somatic Mapping (SM) is a technique for exploration of the psyche. SM sessions bring habitual patterns to light - the personal 'strategies' that govern our relationships with family, community, and society. Understanding and working somatically with these aspects opens the possibility of greater self-awareness and personal agency.

Trauma to Essence (TE). The TE experience further grounds the reclaimed nervous system in a 'new' awareness, distinct from our habitual, trauma-based experience. TE includes a somatic introduction to universal 'source' energy, and what we refer to as the 'Generative Field', where we can discover true freedom and purposeful living.

Please visit www.EmilyWaymire.com for more information on VAST.