

Amelia Barili

***Ancient Wisdom and Neuroscience:
Befriending Your Nervous System***

You probably know how to tone your muscles or what is a healthy diet, but do you know how to train your nervous system to switch from states of anxiety and fear into states of safety and connection? In this course you will learn embodied practices to develop your inner resources for coming back into balance and for cultivating resilience and wellbeing. These practices are drawn from ancient healing wisdom traditions and are backed up by neuroscience. You'll discover the power of your breath, touch, posture, gentle movements, release points, and of aligning with your deeper purpose for strengthening your nervous system.

These techniques are easy to learn and to integrate in your daily life no matter your age or physical condition. We will practice them together in class and I will provide you with a few articles and videos for you to continue reflecting and practicing at home if you chose to do so. Remember that the nervous system learns by repetition and kindness.

Learning about the practices is 50% of your transformational journey. The other 50% is you integrating them in your daily live. I am inviting you to practice at home the techniques from these course that most resonate with you. They will help you create a new baseline neurological platform to enhance your health, your relationships and the quality of your daily life.

For many years we have focused on the role of our brain in figuring our way out of the challenges we experience. The last two decades have witnessed an increasing emphasis on the role not only of the brain but of our whole organism as influenced by our autonomic nervous system in generating resilience and in supporting our health and healing. In this course, we will integrate discoveries and practices from neuroscience and ancient wisdom traditions to befriend and nourish our nervous system.

Week One

Intro: Is it possible to change our brain and nervous system?

Week Two

The Healing Power of Your Touch

Week Three

The Healing Power of Your Breath

Week Four

The Healing Power of Posture and Contemplative Movements

Week Five

The Healing Power of Aligning with Your Deeper Purpose

Week Six

Conclusion: Bringing it all together. Developing a Daily Practice

Supplementary resources to begin reflecting about your potential for transformation:

- [**The Power of Your Nervous System for Healthy Relationships and Self-Healing.**](#) Stephen Porges and Amelia Barili
- [**Can Thoughts and Actions Change Our Brains?**](#) Ira Flatow and Sharon Begley
- [**Every Breath You Take.**](#) Stephen Porges, Amelia Barili, David DeSteno

I will be adding other optional resources to our list when our course starts.

