



THE GRACELINE INSTITUTE

NERVOUS SYSTEM 4-WEEK COHORT

A Gentle, Structured Return to Regulation, Clarity & Embodied Awareness

This 4-week virtual cohort is designed to help you understand and work with your nervous system in a ground, practical way, so your inner state no longer feels overwhelming, but something you can actually recognize, track, and influence.

FIND A PATH BACK TO YOU

WHAT WE WILL EXPLORE

Your nervous system is your electrical system and directly influences how you experience yourself and the world through:



Thoughts & mental patterns



Physical sensations in the body



Emotional responses & mood states



Behavioral reactions & habits



Perception of safety, connection & stress



How you relate to others & your environment

Each week builds on the last, with live teaching, integration practices, and real-life application.

This becomes the foundation for everything else.

INTEGRATION OPTION

After the cohort, there is an opportunity to continue deeper into a 1:1 container for personalized support and integration.



LED BY RACHEL RICHARDS EQ/BQ Regenerative Health Coaching & Nervous System Regulation Specialist

For the past 14 years, she has studied the body and nervous system through an integrative lens and has studied as an Integrative Health Practitioner with Texas State University.

Her work specializes in mindset, nervous system regulation, molecular hydration, microcirculation, and the connection between emotional resilience and sustainable performance.

PROGRAM STRUCTURE



**4 WEEKLY LIVE
ZOOM SESSIONS**
(50 minutes each)

- ✓ Recorded for optional later access
- ✓ Teaching & guided integration
- ✓ Simple tools you can use in daily life

Optional:

In-person gathering in
Huntington Beach, CA



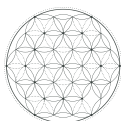
AUGUST 3, 10, 17, 24
4:30PM PT



\$199/PERSON



[REGISTER HERE](#)



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