

CAROLINE.HEY



Corporate embodiment workshops customized to fit your company's size. Choose between a 1-day or multi-day event workshops.



5-star reviews, changed company cultures, and higher performance. Elevate your team.

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**The body stores it all, and
the nervous system will
pay you back.**



Embodies awareness and somatic release establishes self-worth, self-trust, and elevates one's life to become more productive.