



EMBODIMENT AND RESILIENCE

Tuesdays

6-7pm

\$75

The Embodiment and Resilience Group is designed to help individuals connect to their bodies and regulate their nervous systems. We will incorporate somatic movements, breathing techniques, Non-Sleep Deep Rest (NSDR) meditations, and mindful movement to help develop skills for resilience. This group will offer practices to equip you to support yourself through recovery, processing trauma, and managing stress by befriending your body, learning techniques for self-regulation, and connecting to your purpose.

**For more information,
please contact Rebecca Trussell at:
(770) 344-9138 or rebecca@rebeccatrussell.com**



Rebecca Trussell

MS, C-IAYT, E-RYT 500, Reiki II

Rebecca Trussell is a clinical yoga therapist certified through the International Association of Yoga Therapists. She holds a master's degree in yoga therapy through the Maryland University of Integrative Health and is a registered yoga teacher and continuing education provider through Yoga Alliance. She is a graduate of the Living School at the Center for Action and Contemplation where she studied meditation and contemplative living and is a Level II Reiki practitioner.

Rebecca's yoga therapy practice emphasizes the importance of nervous system regulation within a somatic approach. She especially enjoys working with clients to develop resources for managing stress and anxiety, increasing mindfulness, and tolerating discomfort to cultivate resilience. Rebecca has worked with populations dealing with trauma and PTSD, in recovery from alcohol and substance misuse, recovery from eating disorders, cancer recovery, stress, anxiety, and depression.



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