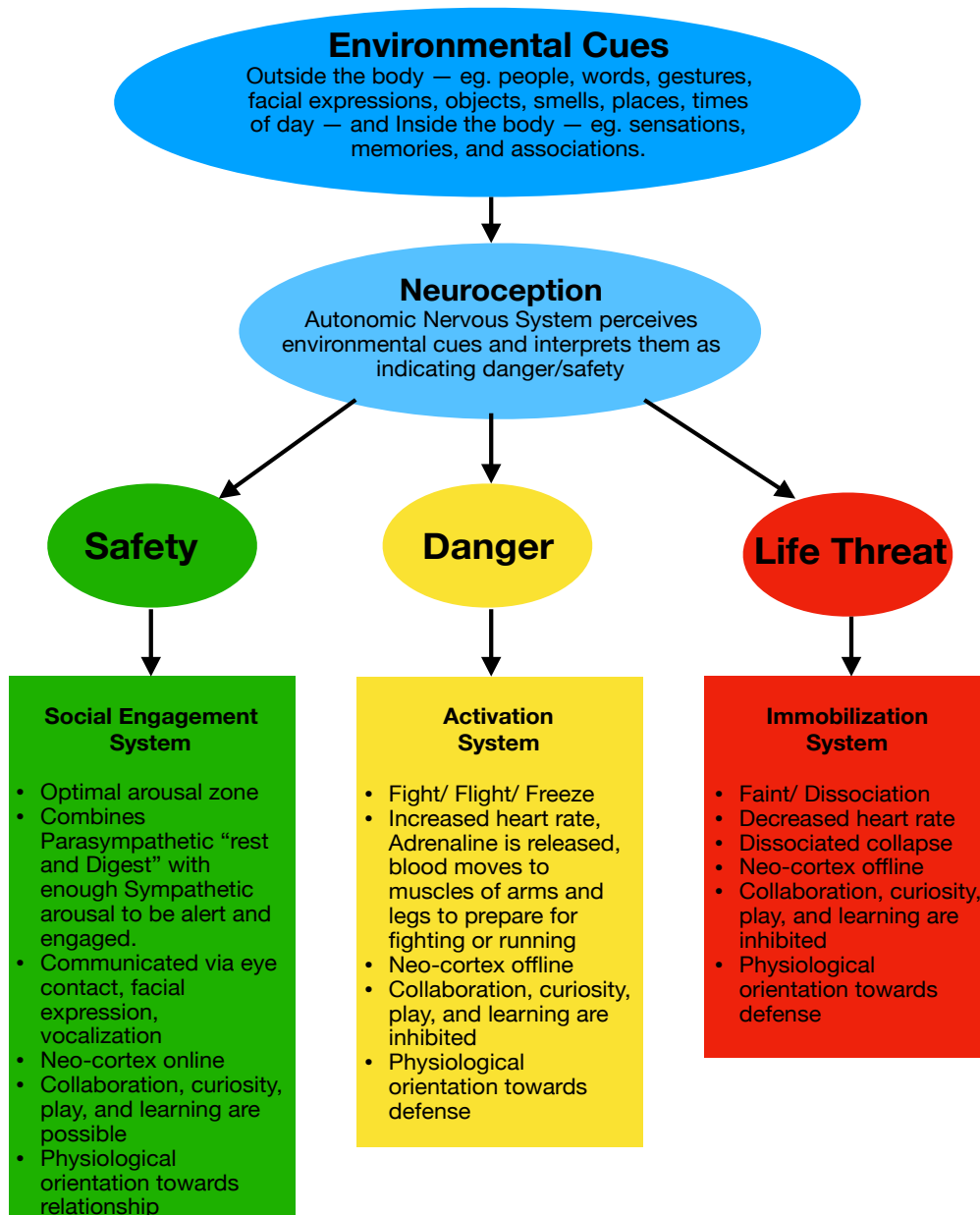


## The Polyvagal Model of the Autonomic Nervous System (Dr. Stephen Porges)



The Body-Informed Leadership Series teaches the paradigms and practices that help us attune to, and be in conscious, skillful relationship with, our body’s signals as a foundation for practicing healthy interconnection in our group cultures.