

# SOMA:HOME

## **Live Call Schedule: Wednesdays @ 8pm AEST**

### **Week 1: 5th June**

Being Highly Sensitive

### **Week 2: 12th June**

Somatic Practices

### **Week 3: 19th June**

Values

### **Week 4: 26th June**

The things that get in the way

### **Week 5: 3rd July**

Q&A and Processing

### **Week 6: 10th July**

Inner listening

### **Week 7: 17th July**

Puzzling the pieces together

### **Week 8: 24th July**

Self-compassion and where to from here