

Welcome to The Art of Wholeness Collective

At Whole Women Link Association, we empower women to reconnect with their inherent wholeness and live a balanced, fulfilling life. Our mission is to support women in breaking generational trauma through free education and community. Our courses offer practical tools, compassionate guidance, and evidence-based practices to foster self-awareness, resilience, and well-being. Please note that these are self-help tools and do not replace therapy. For more information, visit www.wholewomenlink.org/coursedashboard or scan the QR code below:



Course 1: The Body is the Gateway to Healing *Overview:* This class emphasizes the importance of our bodies in showing how we are aligned with our true selves. You'll learn to reconnect with your inner wholeness using tools like heart math, metta meditation, and guided breathwork. Healing involves calming the stress response and building "shame resilience" to reshape your life story. We'll guide you through body scans to balance and heal, using science, expertise, and personal experiences to support your journey with loving kindness.

Course 2: Embodying Self-Compassion *Overview:* Self-compassion means treating yourself with the same kindness you'd offer a friend. This class explores the three core elements of self-compassion: self-kindness, common humanity, and mindfulness. These principles help you develop qualities like calmness, clarity, compassion, courage, creativity, and connection. Embracing self-compassion can lead to more happiness and reduced anxiety. By understanding and responding to your resistance to self-compassion, you can heal and transform.

Course 3: The Language of the Nervous System *Overview:* This class helps you understand how early life experiences impact your nervous system. You'll learn about 'triggers' that reactivate past trauma and 'glimmers' that bring joy. We discuss the Polyvagal Theory and the autonomic nervous system, which explain our body's instinctive responses. Through trauma-informed practices, we create a safe space for learning and self-discovery, empowering you with tools to build resilience and well-being.

Course 4: Anchored: Understanding the Nervous System *Overview:* This session focuses on the polyvagal theory from Deb Dana's book "Anchored." It explores how the vagus nerve and autonomic nervous system help individuals thrive. Topics include neuroception and coregulation, and ways to promote regulation, safety, and connection. Additionally, there will be a journaling practice and a Kundalini meditation session using the mantra "Sa Ta Na Ma" to clear the mind and promote inner peace.

Course 5: Series One: Introduction to Understanding Our Beautiful Parts *Overview:* This self-paced course introduces the concept of 'parts' within our personalities, inspired by Internal Family Systems (IFS) therapy. You'll understand different aspects of your inner world through educational content and self-awareness exercises. You'll learn to build a compassionate relationship with your parts and connect with your calm, compassionate core self. Supporting videos and exercises will guide you through grounding breath work, listening to body sensations, and expressing discoveries through journaling or drawing.