



"Reclaim Rest"

An 8 Week Virtual Workshop

Starting Tuesday, July 9th

Every week on Tue, Thu, until Aug 1

4:30 pm - 5:30 pm EST

**Click Here to Join Weekly
VIA ZOOM MEETING**

"Reclaim Rest" offers an eight-week comprehensive program designed to help individuals recover from burnout, regulate their nervous systems, and integrate rest into their daily lives. Through a combination of educational sessions and experiential practices like yoga Nidra, breathwork, and restorative yoga, participants will build a toolkit for managing stress and promoting rest while being supported in a group setting. Emphasizing a nervous system-first approach, the program aims to address the root causes of stress and support participants by developing sustainable habits for long-term well-being. In a society marked by widespread burnout and chronic stress, Reclaim Rest offers a path towards healing and self-understanding, whether individuals are currently experiencing burnout, seeking preventive strategies, or simply aiming to deepen their relationship with rest and relaxation."

Meet Emma Cameron



Emma is a certified yoga teacher, reiki practitioner embodiment guide. With a focus on the restorative and healing arts, such as restorative yoga, yoga nidra (yogic sleep), breathwork, meditation and reiki, Emma offers a variety of supportive tools and practices that empower you to feel more connected to your body's innate wisdom and promote healing on the physical, mental and emotional levels. The main pillars of Emma's work are nervous system regulation, embodiment and rest practices; she has found through her own healing journey that the antidote to chronic stress, burn out and overwhelm can be found through rest - something that is often overlooked in our fast paced society. Emma leads yoga classes, workshops and individual healing sessions in both the Chicago area and virtually.