



AYANNA FREEDOM INC.

HEALING IN HARD TIMES: NAVIGATING A HOLISTIC APPROACH TO HEALING

Led by Ayanna Freedom, LICSW, RYT 500

Founder of Embodied Liberation Therapy™

A virtual experiential workshop exploring stress, trauma, parenting, oppression, nervous system healing, embodiment, and the radical practice of returning to ourselves and each other in hard times.

[Ayannafreedom.com](https://ayannafreedom.com)

Welcome

This space is an invitation to slow down.

To breathe.

To notice what your body has been carrying. **Who am I?**

A therapist, yoga teacher, author, Founder of B FREE Wellness Inc., Ayanna Freedom Inc. creator of Embodied Liberation Therapy™ – a healing framework rooted in nervous system care, embodiment, liberation, community healing, and love.

This work was created for people surviving hard things while still trying to remain connected to themselves, their families, and their communities.

Reflection Prompt:

What brought you here today and what are you hoping your body receives from this space?

Why This Work Matters

We are carrying:

- burnout
- parenting stress
- grief
- racism
- disconnection
- collective exhaustion

Toxic systems teach us to:

- ignore our bodies
- overproduce
- stay silent
- disconnect from joy
- abandon ourselves



Reflection Prompt
Where a I abandoning myself?

Embodied Practice

NEST

N = Nervous System

E = Emotions

S = Sensations

T = Tending

Reflection

- What is happening in my body?
- What emotions are here?
- What sensations do I notice?
- What support do I need?
- Can you chat this a daily practice?



Practicing Tending

Tending may look like:

- rest
- movement
- water
- boundaries
- community
- crying
- silence
- laughter
- asking for help
-

Reflection Prompt

What does my body need most today?



The Body Holds the Story

Notice:

- tightness
- heaviness
- numbness
- overwhelm
- exhaustion

**Your body is responding.
Not failing.**

Reflection Prompts

- Where do I feel stress?
- What emotions are present?
- Whose voice is in my head?



Parenting + Choosing Yourself

- Ayannas recovery Story- how we learn to choose ourselves
- Many people are caring for everyone else while exhausted
- Choosing yourself is not selfish
- Self-tending is regulation
- Children learn from how we care for ourselves
- Parenting and community care is collective

Reflection Prompts

- What does collective care look like?
- How can I say NO and choose myself without guilt?



Joy Is Healing

Healing is not only survival.

Healing is also:

- joy
- music
- laughter
- softness
- dancing
- connection
- pleasure
- rest
- love



Reflection Prompt

What helps me feel alive again?

Closing Reflection + Discussion + Questions

How can you choose you more?

How can you release the institutionalization of what “parenting” is supposed to look like?

How can you release the expectation of hustle culture and grind culture?

What would it mean to let joy belong to you now?

How can you come home to you?



Thank you!

You are loved

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