

From Outer Chaos to Inner Calm

6-Week Embodied
Healing Series for Women



September - October 2025 ---

Curriculum

Week 1 (September 4)
Arriving & Grounding:
Creating Safety in Body + Mind

Week 2 (September 11)
Listening Within:
Befriending the Inner Critic

Week 3 (September 18)
Releasing Perfectionism & Overdoing:
Moving from Performance to Presence

Week 4 (September 25)
Returning to the Body's Wisdom:
Somatic Self-Awareness

Week 5 (October 2)
Redefining Alignment:
Living from the Inside Out

Week 6 (October 9)
Integration & Ritual:
Anchoring the Journey Forward

Arriving & Grounding

Theme: Creating Safety in the Body + Mind

Focus: Orientation, intention-setting, and Nervous System 101

Begin with gentle practices to help you slow down, reconnect with your breath, and feel more at home in your body. This week sets the foundation for a safe, supportive space to begin your healing journey.

Includes: Grounding practice, psychoeducation, and journaling

Listening Within

Theme: Befriending the Inner Critic (IFS-Informed)

Focus: Soften internal pressure patterns and introduce Parts Work

Learn to recognize the voice of self-judgment and explore compassionate ways to respond. This week invites curiosity, self-kindness, and a deepened connection with your inner world.

Includes: Inner parts meditation, group reflection, and restorative yoga

Releasing Perfectionism & Overdoing

Theme: Moving from Performance to Presence

Focus: Identify survival strategies and develop selfcompassion

Let go of the pressure to always do, fix, or achieve. This week supports you in softening perfectionistic patterns and rediscovering the power of simply being.

Includes: Embodied journaling, slow yoga, and teaching on perfectionism

Returning to the Body's Wisdom

Theme: Embodied Self-Awareness

Focus: Emotional regulation through somatic practices

Your body holds deep wisdom. This week offers tools to reconnect with your body's signals, process emotion safely, and access inner steadiness through breath and movement.

Includes: Interoception, breath awareness, and bodybased inquiry

Redefining Alignment

Theme: Living from the Inside Out

Focus: Clarify values, disrupt people-pleasing patterns

Clarify what alignment means for you, not based on others' expectations, but rooted in your truth. Step into authentic action guided by inner clarity and self-trust.

Includes: Meditation, values-based reflection, and gentle flow or yoga nidra

Integration & Ritual

Theme: Anchoring and Moving Forward

Focus: Integration, personalized ritual, and embodied commitment

We'll close our journey with reflection, ritual, and celebration. You'll integrate what you've learned and create your own "Chaos to Calm Compass" to carry forward with intention.

Includes: Closing circle, visualization, and personalized ritual

Logistics

- **Dates:** Thursdays from 6:30–7:45pm EST, starting September 4
- Location: Live via HIPAA-compliant video platform
- Investment: \$540 (sliding scale/payment plans available)
- **Spots:** Limited to 4-6 participants to keep the container intimate and supportive

Questions?

Email me at hello@joannabarrett.com

Join us:

Email hello@joannabarrett.com to register. Subject line: "I'm Ready To Go From Chaos to Calm."



www.JoannaBarrett.com