



*nsience*

world class training for therapists

## Calm the System: *Ancient Yogic Practices for Modern Clinical Challenges*

An Immersive Masterclass over 2 evenings with  
Stacy Ruse

Zoom Webinar

18 & 25 June 2025, Wednesdays

**Times on both days:**

6:00 pm – 9:00 pm, London UK

1:00 pm – 4:00 pm, New York, USA

CPD hours: 6 / CE credits: N/A

Super early bird ticket: £119

Early bird ticket price: £139

Regular price: £159



Location: Online streaming only

(all our webinar tickets now include complimentary access to a video recorded version for 1 year)

For thousands of years, yogic traditions have employed specific breath practices, movement sequences, and awareness techniques that demonstrably calm the overactive mind and regulate bodily distress. **Pranayama techniques that steady racing hearts, mudras that ground scattered awareness, and asanas that release held tension.** Generation after generation of practitioners validated these methods through direct experience, using them to navigate everything from acute stress to profound trauma.

Emerging research in neurophysiology and trauma confirms what yogic traditions have long understood: breathwork, movement, and embodied awareness are fundamental to nervous system regulation. **Modern neuroscience now maps these mechanisms in detail—demonstrating how they enhance vagal tone, regulate autonomic arousal, and restore interoceptive awareness.** Drawing from multiple yogic approaches, including elements of Hatha Yoga, alongside Polyvagal Theory and Somatic trauma work, Stacy Ruse, internationally renowned master trainer, translates these time-tested yogic interventions into precise, evidence-based tools that integrate seamlessly into clinical practice.

While conventional approaches put great emphasis on diagnosis-focused interventions, something essential is often overlooked: the fundamental role of physiological regulation in psychological healing. Beyond labels and pathology lies a universal truth—that our nervous systems, when dysregulated, create patterns of distress that no amount of insight alone can resolve.



You'll experience first-hand:

- **The Autonomic Revolution** – Master the breath techniques that can shift a panic attack to calm by directly engaging the vagal brake
- **Embodied Presence Protocols** – Learn the exact somatic anchoring methods that bring dissociative clients back into the room when words alone fail
- **Regulatory Precision Tools** – Discover how to calibrate interventions to match specific dysregulation patterns—from hypervigilant scanning to collapsed surrender
- **The Therapist's Regulatory Power** – Experience how your own nervous system state becomes a potent intervention tool when properly harnessed

### **A Transformative Opportunity Unlike Any Other**

In this revolutionary two-part masterclass, **Stacy dissolves the boundary between ancient wisdom and contemporary practice—revealing a system of breathwork, somatic awareness, and nervous system regulation that transforms outcomes where conventional methods falter.**

This is dynamic, embodied learning—a rare chance to experience these practices first-hand from the comfort of your home, guided by a master clinician who has refined these techniques across hundreds of client sessions.

What makes this opportunity extraordinary is its immediate clinical impact. These aren't theoretical concepts requiring years to master—they are precise interventions you can implement the very next day with your most challenging clients:

- The anxious executive who remains perpetually "on edge" despite years of CBT
- The trauma survivor who intellectually understands safety but physiologically remains in threat mode
- The chronically dissociative client who disappears the moment emotional connection begins
- The "treatment-resistant" individual who has "tried everything" yet remains trapped in dysregulation

### **Workshop Schedule: A Journey of Mastery**

#### **Evening 1 – Breaking the Trauma Trance: Revolutionary Regulation Techniques**

Our journey begins with a radical proposition: the body holds the trauma, but is also its own healer.

In this immersive first session, Stacy demolishes conventional assumptions about trauma treatment, demonstrating with stunning clarity how precise yogic technologies can interrupt even the most entrenched dysregulation patterns. Through potent demonstrations and guided practice, you'll discover the missing link between neuroscience theory and clinical transformation.

#### **Case Study: Anna's Breakthrough**

*Anna arrived in therapy after three previous treatment failures. Despite years of insight-oriented work, her panic attacks continued to erupt without warning, leaving her afraid to drive, attend meetings, or even grocery shop alone. "I understand why this is happening," she said, "but that knowledge doesn't stop it."*

*Everything changed when targeted breathwork and graduated interoception practices were introduced. Within four sessions, Anna experienced her first panic-free week in seven years. Within three months, she had tools that could interrupt the panic cascade within moments of onset. "It's like I finally have the override code," she explained. "For the first time, I feel like I'm driving my nervous system instead of it driving me."*



## Evening 2 – Clinical Alchemy: Transforming Treatment Through Yogic Integration

Building on the revolutionary foundation of our first session, we now venture into the art of clinical integration—where ancient practices become powerful contemporary interventions that complement your existing therapeutic approach.

In this session, you'll learn:

- **Precision State Shifting** – Learn to recognize the subtle physical cues that signal autonomic state changes, intervening with split-second timing to interrupt dysregulation before it cascades
- **Building Capacity Through Sequenced Protocols** – Acquire carefully crafted protocols that progressively build regulatory capacity, strategically dismantling even long-established trauma patterns
- **Co-Regulatory Genius** – Develop specific practices that optimize your own nervous system to become a living regulatory tool in sessions with highly dysregulated clients
- **Trauma-Adaptive Brilliance** – Master crucial modifications for complex trauma presentations, cultural considerations, and physical limitations

*"As a psychologist who's witnessed the limitations of both medication and conventional therapy for trauma, I consider Stacy's approach nothing short of groundbreaking. These techniques directly address the regulatory mechanisms that medication can only partially touch. I now refer my most complex cases to therapists trained in this approach." — Dr. Antara Chowdhary, Psychologist, Rome*

### Interactive Workshop Format

This is a genuinely interactive experience—not a lecture disguised as a workshop. Here's what to expect:

- **Live Practice Segments** – You'll be guided through breathwork, movement, and awareness techniques in real-time with Stacy
- **Immediate Application Opportunities** – Practice newly learned techniques with guided support
- **Direct Q&A Engagement** – Regular opportunities to ask questions and receive personalized guidance
- **Demonstration Volunteers** – Optional opportunities for participants to volunteer for live demonstrations
- **Paired Reflection Breakouts** – Brief optional breakout room sessions to discuss applications with fellow practitioners
- **Experiential First, Theory Second** – Experience the regulatory impact of techniques before learning the science behind them

The workshop is designed to accommodate different comfort levels. Your camera may remain off throughout the entire workshop if you prefer, and participation in demonstrations and breakout rooms is entirely optional. Stacy creates a respectful, non-judgmental environment where everyone can engage at their own comfort level.

### Your Master Guide: Stacy Ruse, LPC

Internationally recognised for her pioneering work in trauma therapy, Stacy Ruse integrates cutting-edge somatic and neurobiological approaches with the wisdom of yogic practices. With a deep commitment to bridging ancient and modern healing traditions, she has refined a powerful methodology that transforms therapeutic outcomes for even the most complex trauma cases.



Drawing from her extensive background as an EMDR Consultant, IFS Clinical Consultant, and Polyvagal-Informed Yoga Therapy practitioner, Stacy has spent years exploring the intersection of neuroscience, embodied healing, and breathwork. She has trained in Polyvagal-informed approaches, studied leading trauma methodologies, and immersed herself in yogic traditions that emphasise nervous system regulation through breath and movement. What sets Stacy apart isn't just her breadth of knowledge, but her ability to translate complex neurobiological concepts into precise, actionable tools. Participants consistently describe her teaching as "the missing piece" in their clinical approach to trauma.

### **A Rare Opportunity**

This exclusive masterclass represents a genuine opportunity to transform your clinical effectiveness with the clients who need it most—those trapped in physiological patterns that have resisted conventional treatment. The techniques you'll master will enhance every modality you currently practice—whether CBT, psychodynamic, EMDR, or other approaches—by addressing the neurophysiological foundations that determine whether any therapy can succeed. Places are strictly limited to preserve the dynamic, practice-rich environment essential for mastering these techniques in real time.

### **About the speaker**

**Stacy Ruse, LPC**, is an Evergreen EMDR Consultant, IFS-Institute Approved Consultant, Certified Yoga Teacher, and trauma expert. She owns Aglow Counselling, offering conscious training and clinical consultation for therapists. Stacy specializes in EMDR, IFS, and Somatic therapies with a transpersonal twist and the Art of Presence in her work.

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