

The Inner Shift

7 Week Course for Inner Balance Nervous System Regulation & Intuitive Living



Designed to help
you navigate
life's changes
and perceived
hurdles with
greater clarity,
ease, and
deeper self trust.

[Learn more](#)



Rosie Cataldo Facilitator



Trauma Informed Healing Practitioner
Certified Somatic Breathwork Facilitator
Energy Healer, RM
International Trainer

This course is for anyone seeking to infuse simple, effective, and evidence-based tools into their life. The modalities and strategies shared can assist in managing stress and navigating life changes—such as, grief, loss, and health challenges. You will learn ways to respond from your most grounded, resourced, and intuitive self.

www.ConsultRosie.com



7-Week Nervous System Regulation Course

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Week 1



1:1 Distance Healing Session

Set your intention for the course.

Week 2



Learn a **grounding practice and body scan** to incorporate into your daily routine. You will be asked to step into being your own conscious observer as we move through the course.

Week 3

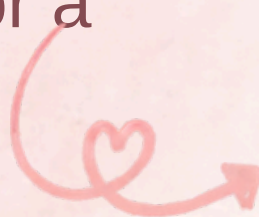


Expand your awareness about the magnificent role your **nervous system** plays, why it matters, and what you can do to regulate it.

Week 4



Somatic Breathwork—You will be guided through specific breathing patterns that stimulate the body's relaxation response. You'll gently release physical tension and emotional blockages, paving the way for a state of deep relaxation and clarity.



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Week 5



The **power of visualization & the art of tapping**—Learn both techniques and how they are key in regulating the body.

Week 6



Intuitive Writing—Develop a journal practice where you can tap into an incredible resource—you. Your inner knowing. Your north star. Learn how to answer your own deepest inquiries.

Week 7



Create your own toolkit—Drawing from your learnings and expanded awarenesses, design a framework for how you wish to integrate the modalities and intuitive pieces you have learned.





Curious?



Email Rosie at ConsultRosie@gmail.com
Use the subject title: 7 WEEK COURSE
The Investment: \$444

The course is offered via Zoom on Wednesdays
January 6 - February 17, 2027
7:00 - 8:30 PM Central Time
Join for as many live courses as you can and
you will receive the weekly class recordings.

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