

# SOMA:HOME

an 8 week deep-dive into befriending your body, mind and sensitivity.  
Facilitated by Erica Webb

## Course Schedule - May 2025 Round

30th April



Welcome and Introduction material available

3 May



Week 1 content available: Being Highly Sensitive & GRO

7 May



Week 1 Live Call @ 7:30pm AEST

10 May



Week 2 content available: Your Body Knows

14 May



Week 2 Live Call @ 7:30pm AEST

17 May



Week 3 content available: What is Your Body Saying?

21 May



Week 3 Live Call @ 7:30pm AEST

24 May



Week 4 content available: Pause and Ground

28 May



Week 4 Live Call @ 7:30pm AEST

31 May



Week 5 content available: Values

4 June



Week 5 Live Call @ 7:30pm AEST

7 June



Week 6 content available: Invisible Walls

11 June



Week 6 Live Call @ 7:30pm AEST

14 June



Week 7 content available: Self-Compassion

18 June



Week 7 Live Call @ 7:30pm AEST

21 June



Week 8 content available: Integration

25 June



Week 8 Live Call @ 7:30pm AEST

23 July



Course Portal Closes