LEADING EDGE SEMINARS · CANCUN 2027

WEEK 1 · CE & EMPLOYER APPROVAL PACKAGE

The Resilient Body: Natural Vagus Nerve Stimulation

With Arielle Schwartz, PhD

WORKSHOP
February 1–5, 2027
Monday to Friday
9:00 am-12:30 pm, local resort time

RESORT STAY
January 30-February 6, 2027
Seven nights
Dreams Jade Resort & Spa · Puerto Morelos, Mexico

TRAINING
Live, in person · Intermediate/ advanced
16.25 CE hours

When a client's nervous system is running the session (shutting down, bracing, unable to settle), insight alone rarely helps. This workshop gives you practical, body-based ways to work with that.

Arielle Schwartz teaches non-device-based vagus nerve and polyvagal practices you can use in session: breath, sound and voice, eye movements, self-applied touch and gentle movement, alongside ways to assess autonomic states and use co-regulation in the therapy relationship.

CE & EMPLOYER APPROVAL PACKAGE
Objectives, five-day agenda, CE details and an employer approval summary, ready to share.

01 · THE TRAINING

Bring nervous system awareness into your existing practice

Each morning mixes teaching, live demonstration, guided practice and discussion. The focus is clinical: reading what a client's nervous system is doing, and choosing a regulation strategy that fits that client rather than a one-size-fits-all protocol.

- Assess autonomic states and recognize signals of safety and threat in session.
- Explore moment-to-moment regulation and co-regulation within the therapeutic relationship.
- Practise grounding, orienting, conscious breathing, and somatic movement.
- Examine heart rate variability, vagal tone, positive neuroplasticity, and resilience.
- Consider therapeutic yoga, compassion-based practices, and bilateral movement as resources for clinical integration.

Who should attend

Designed for intermediate and advanced mental health professionals, including marriage and family therapists, psychologists, social workers, psychotherapists, counsellors, pastoral counsellors, psychiatrists, physicians, nurse practitioners, occupational therapists, and graduate students in accredited programs in these fields.

Your presenter

Arielle Schwartz, PhD, CCTP-II, E-RYT

Arielle Schwartz is a licensed clinical psychologist, certified complex trauma professional, EMDR Consultant, and Kripalu yoga teacher. She founded the Center for Resilience Informed Therapy and teaches an integrative mind-body approach that incorporates relational therapy, somatic psychology, EMDR therapy, parts work, and therapeutic yoga for trauma. Her books include The Complex PTSD Workbook, EMDR Therapy and Somatic Psychology, The Post-Traumatic Growth Guidebook, Applied Polyvagal Theory in Yoga, and The Polyvagal Theory Workbook for Trauma. Her teaching focuses on resilience, integration, and the clinical application of polyvagal theory.

Workshop content and presenter background adapted from the Praxis CE planning materials and presenter biography. Full workshop page: leadingedgecancun.com/event/polyvagal-training-for-trauma/

What you will learn

At the conclusion of the workshop, participants will be better able to:

1. Describe the core principles of polyvagal theory and their application within psychotherapy practice.
2. Explain the tiered autonomic responses to threat, including hybrid nervous system states.
3. Assess neuroception of safety and threat within clinical contexts.
4. Recognize the role of co-regulation and the social engagement system in therapeutic relationships.
5. Describe the role of positive neuroplasticity and resilience in nervous system regulation.
6. Explain the relationship between stress, trauma, and physical and mental health.
7. Apply moment-to-moment nervous system regulation practices within clinical contexts.
8. Explain the physiological mechanisms by which conscious breathing supports nervous system regulation.
9. Demonstrate non-device-based vagus nerve stimulation practices, including breath, movement, and bilateral strategies, to support emotional and physical regulation.
10. Describe heart rate variability (HRV) and its relationship to vagal tone.
11. Demonstrate grounding and orienting techniques for use with clients.
12. Apply principles of somatic movement to support nervous system regulation.
13. Explain the concept of vagal efficiency and the function of the vagal brake.
14. Describe emerging hypotheses regarding fascia and its potential relationship to autonomic regulation.
15. Describe how therapeutic yoga principles may inform nervous system regulation strategies within psychotherapy.
16. Demonstrate compassion-based practices (e.g., loving-kindness) and bilateral movement strategies to support nervous system regulation.
17. Describe reflex integration concepts and their potential application within nervous-system-informed psychotherapy.
18. Discuss methods for teaching natural vagus nerve stimulation practices to support emotional and physical health.

03 · FIVE-DAY AGENDA

Your week of learning

Daily: 9:00–10:15 am and 10:30 am–12:30 pm, with a morning break 10:15–10:30. All times local resort time. Instructional time is 3.25 hours a day, 16.25 hours in total; breaks and check-in don't count toward CE hours.

MON 1 Feb 2027

Foundations, safety & co-regulation

9:00–10:15 am	Trauma in the body and mind; polyvagal theory and tiered autonomic responses to threat.
10:30 am–12:30 pm	Co-regulation, the social engagement system, neuroception, assessment tools, and the 5-point check-in.

TUE 2 Feb 2027

Regulation, resilience & breath

9:00–10:15 am	Moment-to-moment regulation; conscious breathing, self-applied touch, and gentle movement; neuroplasticity, resilience, stress, and health.
10:30 am–12:30 pm	Conscious breathing and neural exercises; heart rate variability and vagal tone.

WED 3 Feb 2027

Movement, grounding & vagal efficiency

9:00–10:15 am	Somatic movement, grounding, and orienting techniques.
10:30 am–12:30 pm	Vagal efficiency and the vagal brake; emerging fascia hypotheses; postural reset practices and therapeutic yoga applications.

THU 4 Feb 2027

Compassion & brain-body integration

9:00–10:15 am	Embodied self-compassion, loving-kindness, and bilateral movement.
10:30 am–12:30 pm	Reflex integration concepts and strategies for nervous system regulation.

FRI 5 Feb 2027

Clinical demonstration & integration

9:00–10:15 am	Demonstrations of vagal-toning practices and integration into psychotherapy.
10:30 am–12:30 pm	Clinical application, case examples, and strategies for bringing the week's learning into practice.

04 · THE RETREAT

Stay, connect & recharge

Dreams Jade Resort & Spa

A beachfront, all-inclusive resort in Puerto Morelos, just south of Cancun. Your seven-night stay runs from Saturday, January 30 to Saturday, February 6, 2027. Morning workshops leave your afternoons open to enjoy the resort and connect with other clinicians.

Your retreat package includes

7
nights of all-inclusive accommodation

1
workshop registration with Arielle Schwartz

All
meals, drinks and snacks, plus access to resort amenities

Packages are priced per room, per week, based on occupancy. A second adult sharing your room doesn't automatically receive a workshop registration; additional registrations can be added during booking.

Choose your room category

JUNIOR SUITE TROPICAL VIEW
A room option with tropical surroundings.

JUNIOR SUITE OCEAN VIEW
An upgraded option with partial ocean views.

PREFERRED CLUB OCEAN VIEW
ADULTS ONLY · 18+
Premium accommodation with enhanced amenities and exclusive privileges.

Beyond the workshop

Begin with the Sunday Night Meet & Greet, then enjoy informal opportunities to connect over coffee, by the pool or before dinner. Optional excursions and spa services are separate from the core training package.

Explore Paradise Perks → Explore the resort →

Airfare is not included. Fly into Cancun International Airport (CUN). Contact us about airport transfers, extended stays, companion arrangements or accessibility needs.

Plan your professional development

16.25
CE HOURS

Continuing education. This workshop is approved for 16.25 CE hours by Praxis Continuing Education and Training. The educational activity is sponsored by Praxis Continuing Education and Training by New Harbinger and co-sponsored by Leading Edge Seminars.

See the CE page for profession-specific US approvals and Canadian and international participation information, and check acceptance with your own licensing or professional body before registering. Attend all sessions, sign in daily and complete the evaluation to receive your certificate; no partial credit is awarded. Canadian participants receive a Certificate of Participation for 16.25 hours on 100% attendance.

Review CE approvals and requirements →

Pricing, payment plans & cancellation

Compare room and occupancy options on the pricing page. **Flexible payment plans are available**: contact Emily to set one up.

View retreat pricing →

Read the cancellation terms →

QUESTIONS?

Emily Porter
Leading Edge Seminars
emily@leadingedgeseminars.org
416-964-1133

Ask about workshop suitability, accommodation, payment plans or employer documentation.

Register for Cancun 2027 · leadingedgecancun.com/product/register

Employer approval summary

Use this page, together with sections 01–03, when requesting professional development time or funding.

Program	The Resilient Body: Natural Vagus Nerve Stimulation
Presenter(s)	Arielle Schwartz, PhD
Format	Live, in-person, five-day workshop · intermediate/advanced
Dates	February 1-5, 2027 (Monday to Friday), 9:00 am–12:30 pm local time
Location	Dreams Jade Resort & Spa, Puerto Morelos (Cancun), Mexico
Instructional hours	16.25 CE hours (3.25 instructional hours a day, Monday to Friday)
CE sponsor	Praxis Continuing Education and Training by New Harbinger; co-sponsored by Leading Edge Seminars
Certificate	Issued on full attendance, daily sign-in and completed evaluation; no partial credit
Learning objectives	18 objectives, listed in section 02 of this guide
Costs	The package combines accommodation and one workshop registration. Ask Emily for a breakdown separating the workshop fee from accommodation and travel.

A request note you can adapt

Dear **[manager's name]**,

I'd like to request approval to attend **The Resilient Body: Natural Vagus Nerve Stimulation**, a live 16.25-hour continuing education workshop with Arielle Schwartz, PhD, running February 1-5, 2027. The workshop is CE-approved through Praxis Continuing Education and Training.

It would support my work with **[client group / caseload]**, particularly in **[one or two learning objectives from section 02]**. The attached guide includes the full objectives and the five-day agenda.

I'm requesting **[time away / funding amount / both]**. I can provide a cost breakdown separating the workshop fee from accommodation and travel.

Thank you for considering it,
[your name]

Prepared October 2026 from the Praxis CE materials and the Leading Edge Cancun website. Please check the website for current details.