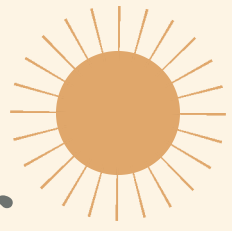


Chestnut Collective presents

The Grounded Mother



A Six-Week Restorative Experience for Mothers

A small group for mothers seeking support, meaningful connection, and practical tools for regulation, healing, and self-care.

What to Expect

Nervous system education & maternal mental health support

Grounding practices, movement & reflection

Journaling, check-ins & connection

Experiential healing practices with guest practitioners

GROUP DETAILS

Tuesdays beginning September 29th, 2026

6:00–7:30 PM

@ New Moon Yoga Collective

Intimate group size: 8–10 mothers

\$350 for the series

Guest Practitioners

EXPERIENTIAL PRACTICES LED BY



Megan Stilwill, DO,
FAAP

Yoga Nidra



Trisha Short, LPC

Breath Work



Jessica Merwin, RCT
500, YACEP

Kundalini Yoga



Jodi Neumann, DSW,
LMSW

Sound Healing

A supportive space to slow down, reconnect, and care for yourself in the midst of motherhood.

Visit our website for registration and more information

www.chestnutcollective.org/groups

Facilitated by Emily



Emily is a mother and an experienced perinatal mental health therapist who feels deeply called to support women as they heal, reconnect with themselves, and find steadiness in the midst of motherhood. She has developed this group in response to years of feedback from her clients and clinicians to support mothers in nourishing ways.

emily@chestnutservices.org



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