

TOUCH HIGHQ™ LABS FOR YOGA & MOVEMENT SPACES

MOVING BEYOND SOLO PRACTICE: DEEPENING CONNECTION, GROUNDEDNESS, AND COMMUNITY WELL-BEING.



BEYOND SOLO PRACTICE: RELATIONAL EMBODIMENT



From Self-Awareness to Shared Presence:

Students may be grounded in their individual movement practice and still need safe, structured ways to practice connection, boundaries, and presence with others.



Touch Hunger & Relational Uncertainty:

Many people long for connection, but have little real practice with safe, honest, nonsexual touch in a structured and consent-forward environment.



Embodied Communication Skills:

Well-intentioned practitioners may be fluent in movement, but still need support developing the somatic vocabulary to make requests, notice limits, and communicate clearly in real time.



TOUCH HIGHQ LAB: THE CO-REGULATION FOUNDATION



Nervous System Stabilization:

Facilitated group experiences focused on somatic settling and direct co-regulation within the movement space.



Boundary Integration:

Structured, ethical practice on noticing bodily 'yes' and 'no,' making requests, and honoring refusals.



Relational Embodiment:

Safe, low-stakes, platonic contact designed to retrain self-connection and voice while being with others.

*Not Partner Yoga. NOT Therapy.
Body-based learning about consent, comfort,
boundaries, and safe connection.*



TRANSFORMATION: GENUINE COMMUNITY TRUST



Authentic Community Connection:

Building profound trust within the studio, moving beyond casual acquaintance into genuine support and care.



Strengthened Consent Culture:

Equipping students with practical tools and vocabulary for clear boundaries, requests, and self-trust in their relationships and lives.



A Notable Signature Offering:

A unique, memorable event that stands out from standard wellness programming, offering a rare depth of community engagement.



Wellness
Communities



Spiritual
Retreats



Established
Groups



Somatic
Practitioners



Curated Community
Gatherings

ADAPTABLE FOR:

Dr. Alissa Gardenhire | Founder, Touch HighQ
touchhighq.com | hello@thisisdeeper.com | 908.209.8923