

Transforming Chaos, Awakening Resilience: Working with the Vagus Nerve Capacitar Global Gatherings

English – October 10 and 11, 2025

Spanish – October 25, 2025
note date change

The theme of our October Global Gathering is awakening resilience and transforming the chaos around us. We will learn theories about the Vagus Nerve; the impact of stress and ways to transform fear and anxiety; and exercises to stimulate and balance the Vagus Nerve. With wildfires, floods, climate disasters, political challenges and refugee issues in many places, our global gatherings will review some of this international reality, along with current research and practices on balancing the Vagus Nerve as we deal with anxiety and fear. Capacitar practices to empower resilience will be offered. We will have updates from Capacitar International and take time for sharing with each other.

Capacitar will run identical sessions each day so you can join the session more appropriate for your time zone:

October 10, 2025: 6:00 p.m.-8:00 p.m. Pacific Daylight Time (PDT) in English

October 11, 2025: 9:00 a.m.-11:00 a.m. (PDT) also in English

- Date changed to October 25, 2025: 8:00 a.m.-10:00 a.m. (PDT) in Spanish (for link, email office@capacitar.org)

We come together to:

- Deepen our commitment to Capacitar's mission of healing and transformation
- Awaken and empower awareness and transformation in ourselves and in our world in solidarity with the many who have suffered loss of homes and communities through the wildfires, disasters, and wars
- Commit ourselves and our teams to learn how to live with resilience and hope supporting others during these challenging times

Suggested Tax-Deductible Donation: \$25-\$50

If you wish to participate:

- Complete this online registration form <https://app.dvforms.net/api/dv/o83kqr>
- You may make your donation at www.capacitar.org or mail it to:
Capacitar International, 2901 Park Avenue, Suite B12, Soquel, CA 95073 USA

- Questions: sgrady@capacitar.org or office@capacitar.org