



Anna Arnett

SOMATIC HEALING

Regulate · Restore · Reclaim



ANNA ARNETT

Grief Educator | Somatic Practitioner | Speaker

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ABOUT ANNA

Anna Arnett is a grief educator and somatic practitioner who helps people understand the profound impact grief has on the body and nervous system.

Raised by bereaved parents and surviving the deaths of two of her three children, Anna brings both lived experience and professional training to her work. She integrates modern neuroscience, polyvagal-informed practices, mindfulness, breathwork, and gentle somatic movement to support people navigating grief and trauma.

Her presentations combine storytelling, science, and experiential practices that help audiences understand grief in a compassionate and embodied way.

SIGNATURE PRESENTATION

Reclaiming Joy After Multiple Losses

The death of someone we love changes us forever. When multiple losses occur, grief can become cumulative and deeply destabilizing to the nervous system.

In this experiential presentation, grief educator Anna Arnett explores the unique layers of multiple loss and how grief affects both the brain and the body. Drawing on lived experience and emerging neuroscience, she introduces practical ways to support the nervous system through breath, mindfulness, and gentle somatic practices.

Participants learn:

- Why grief is both emotional and neurological
 - How cumulative loss affects the nervous system
 - The brain-body connection and the role of the vagus nerve
 - Simple somatic practices that support regulation and resilience
 - How grief and moments of joy can coexist
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ADDITIONAL SPEAKING TOPICS

- The Science of Grief: Understanding the Brain–Body Connection
 - Regulating the Nervous System in Grief
 - Somatic Practices for Grief and Trauma
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TRAINING & CREDENTIALS

Certified Grief Educator — trained by David Kessler
Stanford Medicine YogaX — Yoga Teacher Training
Grief Yoga Teacher Training — Paul Denniston
Grief Support Group Leader — griefHaven

SPEAKER INTRODUCTION FOR EVENT HOSTS

Anna Arnett is a grief educator, somatic practitioner, and speaker who helps people understand how grief lives in the body and nervous system.

Raised by bereaved parents and surviving the deaths of two of her three children, she integrates modern neuroscience, polyvagal-informed practices, mindfulness, breathwork, and gentle somatic movement to support people navigating grief and trauma.

BOOKING

Anna is available for:

- Conference keynotes
- Breakout sessions
- Workshops
- Retreats
- Organizational trainings

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