Dr. Elie Khoury

BODY MIND THERAPY

A 12-WEEK IMMERSIVE JOURNEY

Find Your Balance

Move from chronic physical tension and mental burnout to grounded ease, self-regulation and authentic power.

SYLLABUS

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90 minutes, once a week, in person

Facilitated by Dr. Elie Khoury

Strictly capped at 6 people

The Somatic Hub, Prime Life Clinic, Baouchrieh

THE PROBLEM

Why the tension keeps coming back

Most wellness classes and physical therapies treat you like a machine. They stretch the tight spot, massage the pain, or tell you to relax, and a few days later the tension is back. Your body isn't broken. It is protecting you. Daily stress, unspoken boundaries, high-stakes pressure and survival habits run quietly in the background, like heavy apps draining your battery.

1 **Fixes that don't hold**

You've tried gym classes, generic yoga or endless medical appointments, and the relief never lasts.

2 **Pain that returns**

Physical pain and mental exhaustion come back no matter what you fix.

3 **Braced or disconnected**

Your body feels braced, on high alert, or cut off from the neck down.

4 **Loads talk can't reach**

Mental load, professional pressure or emotional residue that talk therapy and workouts can't quite reach.

RESULTS

What you take away after 12 weeks

The aim is more than feeling relaxed for an evening. By the end you have the skills to look after your own nervous system for the long run.

1 **Release chronic tension**

Let go of long-held bracing in the jaw, neck, shoulders and core, without forceful or painful manipulation.

2 **Steady your nervous system**

Practical, science-based tools to shift out of fight-or-flight or burnout and back toward safety and clarity, in minutes.

3 **Bring mind and body together**

Read physical sensations as useful information, so body and mind work together instead of against each other.

4 **Hold your boundaries**

Feel your boundaries in the body, set them with more confidence, and stop soaking up the stress of the people and places around you.

CURRICULUM

The 12-week roadmap

Three phases of four weeks, each building on the one before.

1

PHASE 1 · WEEKS 1 TO 4

Grounding: from survival to safety

We start by coming down from constant alertness and teaching the body how to land safely.

WEEK 1

Mapping your body's alarm system

Find your personal protection patterns and where you hold stress without realizing it.

WEEK 2

The long exhale (the vagal brake)

Breathing mechanics that calm physical anxiety and nervous-system overload.

WEEK 3

Reading your internal signals

Body awareness that catches stress before it turns into pain or a meltdown.

WEEK 4

Reclaiming your footing

Resetting posture and structure so you stop feeling ungrounded and physically collapsed.

2

PHASE 2 · WEEKS 5 TO 8

Fluidity: softening the armor

We loosen the rigid physical and emotional defenses you may have carried for years.

WEEK 5

Unlocking the jaw and throat

Releasing the tension of unspoken words, people-pleasing and the fawn response.

WEEK 6

The soft belly

Relaxing the core safely, moving out of protective collapse into real physical ease.

WEEK 7

Co-regulation and safe connection

Feeling what it is like to relax around others without losing your boundaries.

WEEK 8

Embodying yes and no

Moving past overthinking and letting the body show you your boundaries and choices.

3

PHASE 3 · WEEKS 9 TO 12

Alignment: lasting autonomy

We integrate these shifts so you can lead your life, work and relationships from a steady inner balance.

WEEK 9

Feeling your core values

Noticing how your body reacts when your values are honored and when they are compromised.

WEEK 10

Breaking the reflex

Catching old, exhausting knee-jerk habits before they take over your day.

WEEK 11

Leading from a regulated state

Bringing calm, centered leadership into your family, team and workplace.

WEEK 12

Your personal somatic toolkit

Building your own maintenance plan, so you can keep your balance without depending on ongoing therapy.

THE PRACTICE

Not relaxation: regulation you can feel

Find Your Balance is not a drop-in fitness class or a passive stretching session. It is a structured, closed group of no more than 6 people, meeting for 12 weeks, built to give you the tools to read, steady and recalibrate your own nervous system.

THREE FOUNDATIONS

01

Polyvagal Theory

Mapping your own nervous-system states and widening the window where you feel safe and connected.

02

Embodied cognition

How the state of your body shapes the meaning your mind makes, and the other way round.

03

Somatic grounding

Anchors you can feel, from inside the body and from its position in space.

THE COHORT

Why this cohort is different

Capped at 6 people

No crowded, anonymous rooms. A small, high-trust group with real psychological safety and individual attention.

A doctor and coach leading

Led by a Doctor of Physical Therapy and ICF coach: evidence-based clinical biomechanics combined with mind-body psychology, rather than generic fitness advice.

Built for independence

Everything is designed to make you self-sufficient, with a toolkit you keep using long after the 12 weeks.

PRACTICAL DETAILS

How the immersive runs

Groups are strictly capped at 6 participants, to protect the depth and safety of the work. There is no fixed date set in advance: the next 12-week immersive launches the moment the 6th seat is claimed.

WHERE	The Somatic Hub at Prime Life Clinic, Sed El Baouchrieh (Center Abd El Masih, Block C, 4th floor)
FORMAT	In-person weekly group, 90 minutes, 12 weeks
DAY	Tuesdays or Thursdays, by arrangement
PRICE	$300 for the 12-week immersive, paid upfront to claim your seat on the waitlist. First come, first served.

FACILITATOR

Dr. Elie Khoury

Doctor of Physical Therapy · ICF Executive Leadership Coach · Embodiment (Body-Mind) Coach

His trauma-informed training (Polyvagal Theory, Traumatic Stress Studies) shapes how each group is paced, so the room stays safe for everyone.

Secure your seat

Send a WhatsApp message to claim one of the six seats.

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