

Exploring the Vagus Nerve

Discover the vagus nerve, body-based practices and exercises to jumpstart our bodies natural healing powers



- *Learn exercises that stimulate the vagus nerve helping your nervous system to become more regulated for relief from anxiety and depression.*
- *An introduction to the vagus nerve, the autonomic nervous system, how it works, and how it can become impaired by trauma.*
- *A simplified explanation of Polyvagal Theory and the evolution of the human nervous system.*
- *How nervous system dysfunction can lead to health issues.*

Saturday October 22

10 am – 12 pm at Center of Grace

Investment \$40

Please text Jeff @ 315-382-3677 to reserve

