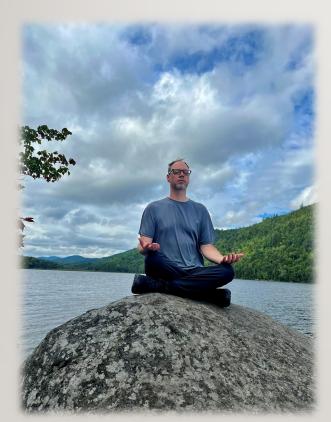
Exploring the Vagus Nerve

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