Vagus Nerve Exercise

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WHOLE LIFE NUTRITION

1. 3-Part Diaphragmatic Breathing with Cushion
- Sit/lie comfortably. Hug cushion/pillow into body—one arm around belly, other around chest.
- The cushion provides gentle pressure & feedback.
- Begin breathing into the lower part of belly.
  - Inhale for 4 counts (inflate belly)
  - Hold for 4 counts (keep belly expanded)
  - Exhale slowly for 6 counts
- Repeat for 7 cycles

2. Coregeous Ball: Sacrum Swallow Breathing
- Lie on your back, knees bent, feet on the floor.
- Place the Coregeous ball under your sacrum.
- Inhale, swell belly, hold, find stillness, swallow.
- Exhale slowly. Pause and wait for your body's natural impulse to inhale again
- Repeat 5–8 times
- Remove ball, rest pelvis, observe breath & sensations. Slowly roll to the side and come up.

3. Coregeous Ball: Neck Rolling
- Use the ball to shear & grab skin beneath ear.
- Lock ball in place, then spin and traction it across toward the throat.
- Inhale while pressing into the neck; exhale while dragging the ball gently across.
- Repeat 5–8 times per side.

4. Sternocleidomastoid Skin Pinch & Roll
- Gently pinch & roll the skin over sternocleidomastoid muscle on both sides of neck.
- This stimulates vagus nerve endings and encourages relaxation.

5. Side Rib Coregeous Rolling
- Lie on side with pillow or block under head.
- Place ball under side ribs. Top hand gently holds top ribs to create resistance.
- Inhale fully, expanding ribs
- At top of inhale: hold breath & create pressure on the ball
- Exhale: release pressure and fully melt into ball
- Repeat 5 times per side

6. Sternum & Thoracic Breathing
- Lie on belly. Place ball under sternum (center of chest).
- Prop up on forearms, block, or pillow as needed.
- Inhale deeply, expanding the ribs
- Hold at the top of inhale, creating inner tension
- Exhale slowly, softening the muscles and "armor" around the chest
- Repeat several rounds, moving slowly & mindfully

7. Coregeous Side of Gut Rocking
- Lie on your side with ball under side of belly/pelvis.
- Move in a cat-cow motion:
- Inhale, slide forward
- Exhale, round back
- One leg can be bent for stability.
- Repeat 5–8 times, switch sides later in the practice.

8. Coregeous Belly Button Roll
- Lie on belly with ball under belly button.
- Gently roll side to side or in small circles.
- Especially supportive for gut health, post-surgical healing (e.g., cesarean) & general digestive ease.
- Let the ball move between diaphragm, liver, spleen, and pelvic organs in a slow, undulating motion.

9. Repeat Gut Rocking: Second Side (same as step 7)
- Continue to use breath and movement to soften, explore, and awaken the tissues.

10. Final Rest & Integration
- Lie on your back in a position of comfort.
- Close your eyes. FInd stillness. Bring awareness to:
  - Your midline & all places contacted
  - Rhythm and movement of your breath
  - Sensations of your body, mind & energy
- Ask yourself:
  - How does it feel to be in my body?
  - How does it feel to breathe my own breath?
  - How does it feel to activate my vagus nerve for healing and regeneration?
- Stay here for as long as needed, then gently return when ready.

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