

Activating THE VAGUS NERVE

CALM YOUR MIND. HEAL YOUR BODY.

Reconnect. Restore. Rebalance.



Reduce stress & anxiety



Support your body's
natural healing



Improve digestion,
breath & energy



Activate your body's
rest, digest & heal response



A GUIDED EXPERIENCE FOR NERVOUS SYSTEM HEALING

GUIDED MEDITATION • BREATHWORK • ENERGY HEALING • VAGUS NERVE ACTIVATION

The vagus nerve is one of the most powerful communication pathways between the brain and body. It plays a major role in relaxation, emotional regulation, digestion, and overall wellness. In this calming and empowering class, you'll discover how activating the vagus nerve can help reduce stress, improve emotional balance, and support healing.

Students will learn simple daily exercises designed to naturally stimulate the vagus nerve, helping the body shift from survival mode to a state of peace, restoration, and harmony.

Date: June 12, 2026

Time: 7:00 PM - 9:00 PM

Location:

**The Blend Wellness Center
1201 International Pkwy, Ste. 500
Richardson, TX 75081**

Cost: \$33