













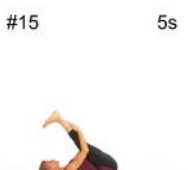

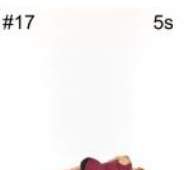


# NERVOUS SYSTEM SEQUENCE

Saturday, January 26, 2019 7:46 PM

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## VAGUS NERVE AND DIAPHRAGM - NERVOUS SYSTEM SEQUENCE

#1	5s	#2	5s	#3	5s	#4	5s	#5	5s	#6	5s
											
Office w. Hands on Heart and Belly		Office Back Bend w. Arms Folded Behind Back		Vajrasana Pose		Cat Pose		Cow Pose		Cobra Pose	
#7	5s	#8	5s	#9	5s	#10	5s	#11	5s	#12	5s
											
Supported Camel Pose		Camel Pose		Good Space Pose		Half Lord of the Fish Pose 2		Staff Pose		Shoulder Bridge Pose	
#13	5s	#14	5s	#15	5s	#16	5s	#17	5s		
											
Reverse Table Top Pose		Full Wheel Pose		Supine Intense Forward Fold Pose		Corpse Pose		Side Lying Pose			

1. Inhale (4 Count), Hold (2 Count), Exhale 6 Count. Repeat 4x.
2. Smiling exercises to stimulate the muscles since the vagus nerve extends to the face.
3. Heart Openers (Chest and Throat exposure postures/movements).
4. Belly Release Poses.
5. Meditation.