



I'm not a robot

































Hi everyone! It is my pleasure to share this Vagus nerve massage for stress and anxiety RELIEF If you are new to my channel, I am Danielle Collins, World Leading Face Yoga Expert and best selling author and I love sharingÂ ... Traumatization makes it harder for the vagus nerve to move the body out of fight-or-flight into regulation, but stimulating it canÂ ... Headache ruining your day? Learn how to instantly What is foot reflexology? The feet have 26 bones and over 7000 nerve endings called reflexes. It is these reflexes that correspondÂ ... Other helpful links: My podcast: Serum and tools: My newÂ ... Welcome to this soothing guided face In this video Hannah Tosi, LICSW, RYT, and trainer at the Trauma Institute in Northampton, MA, guides a 12 minute