



Voice & Vagus Nerve Program

PROGRAM OVERVIEW

Maartje Monné
Voice Care & Coaching

Voice & Vagus Nerve Program 2023

WEEK 1: GOALS, WISHES & COMMITMENT

- *Kick-Off: Live Online Group Session*

WEEK 2: THE HEALING POWER OF THE VAGUS NERVE

WEEK 3: VOCAL WELLNESS & VOICE-VAGUS NERVE CONNECTION

- *Live Masterclass 1: The Vagus Nerve & Voice-Vagus Nerve Connection*

WEEK 4: IMPROVE & EMPOWER YOUR VOICE (PART 1)

WEEK 5: IMPROVE & EMPOWER YOUR VOICE (PART 2)

- *Live Masterclass 2: How To Give Yourself A Vocal Massage*

WEEK 6: IMPROVE & EMPOWER VOICE (PART 3)

BREAK

Starts: Monday October 30th, 2023

Ends: Friday November 4th, 2023

Voice & Vagus Nerve Program 2023

WEEK 7: THE NERVOUS SYSTEM & POLYVAGAL THEORY

- *Live Masterclass 3: Nervous System & Polyvagal Theory*

WEEK 8: TUNE INTO YOUR BODY'S SIGNALS & REWRITE YOUR STORY

WEEK 9 : BOTTOM-UP REGULATION

- *Live Masterclass 4: Rewrite Your Story (Nervous System Regulation)*

WEEK 10: TOP-DOWN REGULATION

WEEK 11: ACTIVATE & ALIGN YOUR BODY'S ENERGY CENTERS

- *Live Masterclass 5: Tune Your Body With Your Own Voice (Vocal Toning)*

WEEK 12: AUTHENTIC SELF-EXPRESSION & INTEGRATION

BONUS

- *Follow-Up: Live Online Group Session (in January 2024)*