



Voice & Vagus Nerve Program

PROGRAM SCHEDULE

Maartje Monné
Voice Care & Coaching

Voice & Vagus Nerve Program 2022

FIRST HALF OF THE PROGRAM*

WEEK 1: GOALS, WISHES & COMMITMENT

- Thursday September 22th, 2022 at 2 PM CEST: [Live Online Group/Masterclass \(Kick-Off\)](#).

WEEK 2: THE HEALING POWER OF THE VAGUS NERVE

WEEK 3: VOICE & VAGUS NERVE CONNECTION

- Thursday October 6th, 2022 at 2 PM CEST: [Live Online Group/Masterclass](#)

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

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

- Thursday October 20th, 2022 at 2 PM CEST: [Live Online Group/Masterclass](#)

WEEK 6: HUM YOURSELF HEALTHIER & HAPPIER

BREAK

Starts: Monday October 30th 2022

Ends: Friday November 4th 2022

*NB. This program schedule is just a guideline and may change a bit.

Voice & Vagus Nerve Program 2022

SECOND HALF OF THE PROGRAM*

WEEK 7 : THE NERVOUS SYSTEM & POLYVAGAL THEORY

- Thursday November 10th, 2022 at 2 PM CET: [Live Online Group/Masterclass](#)

WEEK 8 : ATTEND, BEFRIEND & LET GO

WEEK 9 : REWRITE YOUR STORY (BOTTUM-UP REGULATION)

- Thursday November 24th, 2022 at 2 PM CET: [Live Online Group/Masterclass](#)

WEEK 10: REWRITE YOUR STORY (TOP-DOWN REGULATION)

WEEK 11: VOICE-HEART & VOICE-GUT CONNECTION

- Thursday December 8th, 2022 at 2 PM CET: [Live Online Group/Masterclass](#)

WEEK 12: REFLECTION & INTEGRATION (PUT YOUR LEARNING INTO ACTION)

BONUS (ONLY INCLUDED IN THE STANDARD & EXTENDED PACKAGE)

- Thursday January 12th, 2023 at 2 PM CET: [Follow-Up Group Session](#)

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