



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 (date & time to be determined)

WEEK 2: THE HEALING POWER OF THE VAGUS NERVE

WEEK 3: VOICE & VAGUS NERVE CONNECTION

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

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

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

- *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

WEEK 7: THE NERVOUS SYSTEM & POLYVAGAL THEORY

- *Masterclass 3: Nervous System & Polyvagal Theory*

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

WEEK 9 : BOTTOM-UP REGULATION

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

WEEK 10: TOP-DOWN REGULATION

WEEK 11: ACTIVATE & ALIGN YOUR ENERGY CENTERS WITH YOUR OWN VOICE

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

Week 12: INTERGRATION

BONUS

- Follow-Up: Live Online Group Session (date & time to be determined)