



The Untold Secrets of
Lasting Health and
Vitality After 50
(Without Sacrifice)

Xonna's 3 Favorite Simple Nervous System Resets

Kundalini Shaking: deep breathes throughout

- a. Raise arms above head and start shaking hands, arms, then travel all the way down the body to the feet and shake whole body for 1-3 minutes.
- b. Stand in Power pose with arms and legs wide into a V shape
- c. Then relax and take 3 deep breaths inhaling through the nose and exhaling through the mouth, making the exhale longer than the inhale. Go back to your day feeling more calm and refreshed.
- d. Benefits:
 - i. Calms entire nervous system
 - ii. Creates circulation in the body
 - iii. Re-oxygenates every cell
 - iv. Great for an afternoon reset, especially when on the computer for long periods of time



Xonna's 3 Favorite Simple Nervous System Resets

Vagal Nerve Facial Massage- use very light pressure and gentle breathes throughout

- a. Place 1st 2 fingers of both hands on skin between eyebrows and massage for 30 seconds
- b. Then create 3 small circles between the eyebrows; draw fingers from between eyebrows above eyebrows to temple and draw 3 small circles on temples (repeat 3 times)
- c. Then create 3 small circles between the eyebrows and draw down both sides of the nose to under eyes and draw 3 small circles (repeat 3 times)
- d. Then draw from under eyes to temples and create 3 small circles at temples (repeat 3 times)
- e. Then massage outer ear from top to bottom ear lobes (repeat 3X)
- f. Then massage inner ear from top to bottom and gently pinch ear cartilage (repeat 3 times)
- g. Place hands on heart and breath in 3X inhale through nose, exhale through mouth



Xonna's 3 Favorite Simple Nervous System Resets

SaTaNaMa Finger Mudra

- a. Repeat Sa Ta Na Ma in a sing song voice as you touch thumb to each of 4 fingers- 1 for each syllable- index, middle, ring, baby
- b. Sa Ta Na Ma represents the cycle of life; means beginning, existence, end of existence, rebirth
- c. Reminds you this too shall pass- everything comes, everything goes
- d. Can do anytime for as short or long as needed to shift your stress energy to relaxation
- e. Great one to do while walking outside in nature.



Got Questions??

Contact 704-516-6973 or use this link to schedule free 15 min conversation <https://l.bttr.to/nzh6D>