

Course details

Course title

Vagus Nerve Stimulation as a Pathway to Well-Being

Course code

Q00016966

Course date

Start: 21/08/24

End: 29/08/24

Number of classes

4 sessions

Timetable

Wed 21st Aug, 13:30 to 16:00

Thu 22nd Aug, 13:30 to 16:00

Wed 28th Aug, 13:30 to 16:00

Thu 29th Aug, 13:30 to 16:00

Tutor

Georgia Daniel

Fee range

Free to £37.00

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Level of study

Beginners

Course overview

An intriguing wellness trend for 2024 revolves around vagus nerve stimulation. This practice employs a variety of different ways to stimulate the vagus nerve, which regulates various bodily functions, including digestion, heart rate, and breathing. Stimulating the vagus nerve via Vagal nerve stimulation can be done by practicing meditation, humming, singing, and even cold water and ice baths. This form of stimulation holds immense potential, with health benefits ranging from lowered blood pressure and reduced heart rate to stress response management and even seizure control in epilepsy. Join me on this super short course taking place in the last two weeks of August where you will learn about the vagus nerve and practice ways of stimulating this extraordinary area of the brain.

Course description

As we continue with our wellness exploration, we acknowledge the significance of restorative practices in the process of recovery and rejuvenation.

In 2024, the emphasis is on the importance of self care, good sleeping patterns and the growing recognition of cold therapy. These practices are pivotal, not only for our physical well-being but also for our mental health.

This course will introduce the Vagus nerve and how it can be stimulated for health and well-being. We can stimulate this extraordinary nerve by

- Eliciting a relaxation response in the body
- Countering the fight or flight system
- Promoting calmness and resilience to stress
- Ultimately regulating the body's stress response
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By modulating the nerve's activity, facilitating deep breathing, and improving mood, vagus nerve stimulation contributes to relaxation and well-being, preparing the body for restful sleep, and increasing blood flow to the brain and body.

We hope you can join us in this interactive short course where will be exploring, discussing, and practising many of the techniques linked in with improving your vagus nerve health.

On this course we will cover meditation, EFT, humming, cold therapies self-massage and crystal therapy.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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