

VITALITY

Ecstatic Dance

The practice of dance engages the parasympathetic nervous system, prompting a release of tension. Through this freedom of movement, you will increase the release of neurotransmitters like endorphins—which serve as feel-good messages from your body to your brain.



- 1) Find a spacious, clutter-free area
- 2) Choose one (or a playlist :D) of songs to move to
- 3) As the music plays, allow your body to move freely and spontaneously: sway, leap, twirl, bounce. Don't overthink it—invite in a sense of liberation as you feel the energy course through your body.
- 4) Allow emotions to flow through you—this helps release tension and stagnation.

P.S., if this practice is helpful, consider making a 'pick-me-up' playlist of music that energizes you.

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From Vagus Nerve Deck: 75 Exercises to Reset Your Nervous System, Melissa Romano