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THE GUT, THE VAGUS NERVE AND CLEAR THINKING

The balance in the activity of the sympathetic and parasympathetic nervous systems is vital for clarity of thought, optimal wellness and repair. We can balance muscles for each meridian and/or we can balance the Vagus nerve. The nerve connects to our organs and tells them if they can get on with repair and renewal.

I will take the conference attendees through self-care and partner exercises to balance goals such as:

- My parasympathetic NS supports my healing process
- I relax and my body repairs optimally.
- My cells rejuvenate easily
- I heal with ease

We will explore the reasons why the body may not be able to switch into repair mode, and do some exercises to allow the vagus nerve to kick in and increase the body's ability to hold energy and repair as well as balance meridians and chakras.

The attendees will make a short assessment with each other:

- Goal
- Assess muscles connected to the vagus nerve.
- Stress %
- Emotion

We will proceed to switch on the Vagus nerve in relation to the goal and retest the changes.

Some of the presentation practical exercises can be applied to home re-enforcement. As the balance between activity and repair is dynamic, empowering the client with self-care exercises gives them tools to keep balancing themselves.

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Parijat Wismer FMAKA, brings over 30 years of Kinesiology, Natural Health and Personal Growth experience to her talks, sessions and trainings. She started teaching Touch for health in 1986 and has taught many types and classes in Kinesiology every year since.

She teaches the Diploma in Kinesiology HLT52415 in Byron Bay for KSA and is on Senior Faculty for ICPKP. As a Kinesiopractor and a registered Herbalist, she facilitates Kinesiology in private clinic and has authored new and accredited Courses. Her focus is on teaching people self-care and creating excellence for Kinesiologists in practice.