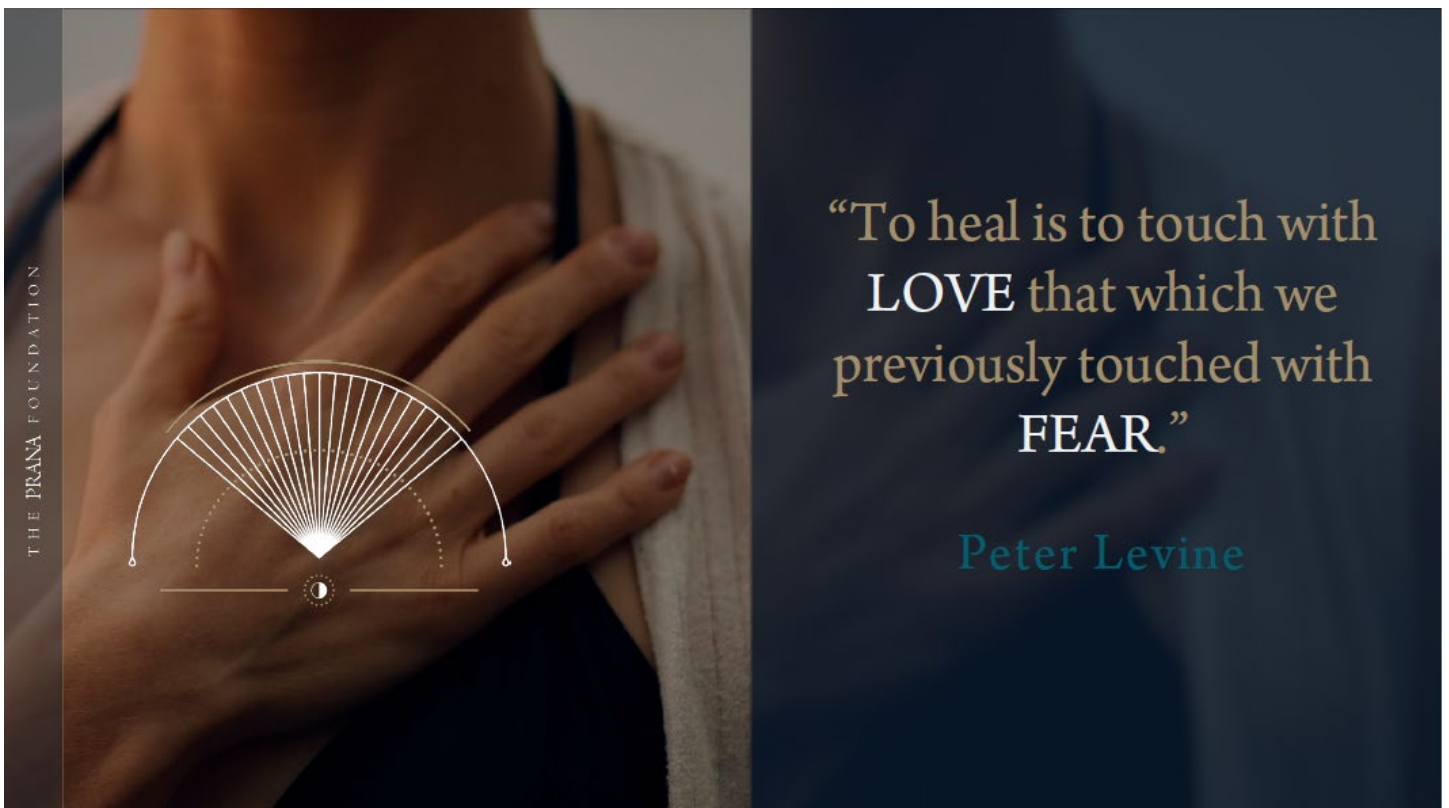




At Innate Chiropractic Healing Arts Center, we offer NetworkSpinal Care as our primary modality for empowering you to heal from the inside out.

We offer you the Prana Foundation tools below that use principles of polyvagal theory to guide clients to safely connect to their autonomic responses and navigate daily experiences in new ways.

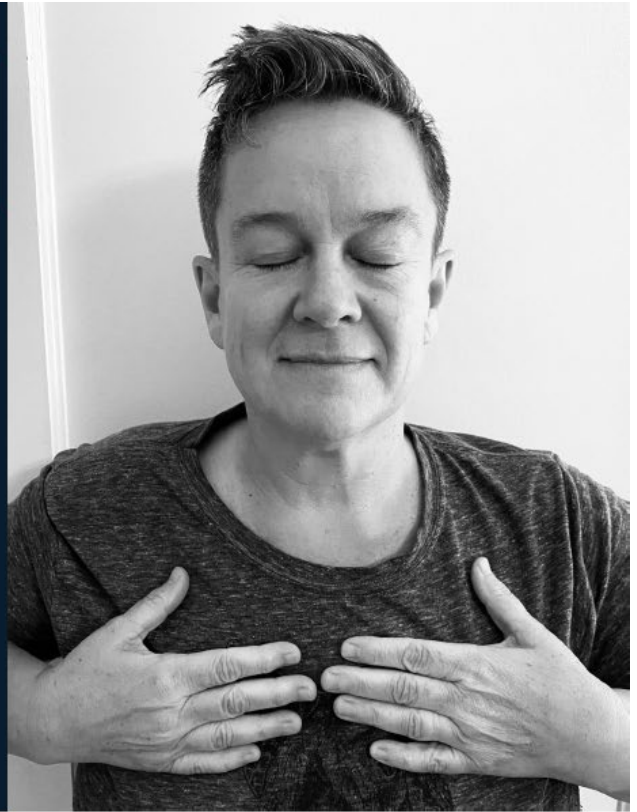


“To heal is to touch with
LOVE that which we
previously touched with
FEAR.”

Peter Levine

BEFRIENDING THE HEART

1. Place your hands over your heart area.
2. Find the direction of ease, left or right, up or down, clockwise or counter clockwise.
3. Where is the place of safety for the heart?
4. Hold this position with the 4-7-8 breathing.



Classic '4-7-8' Breath

1. Extend arms out from the body 90 degrees with the left palm facing up, and the right palm facing down.
2. Use the 4-7-8 breath (4 counts inhaling, 7 counts hold, 8 counts slowly exhaling) repeat several times over time working up to 10 petitions.
3. Extend the arms above the head with same hand position and do one 4-7-8 breath.
4. Repeat process with the right palm up, and left palm facing down.



Applied Polyvagal THE “Basic Exercise”



1. Lying comfortably on your back with fingers interlaced.



3. Keeping your head in place, look to the right, moving only your eyes, as far as you comfortably can.



2. Place your hands behind your head and let the weight of your head rest comfortably on your interwoven fingers.



4. After about 30-60 seconds, you will yawn, swallow or sigh. ANS relaxation. Then bring your eyes back to looking straight ahead

5. REPEAT the exercise looking to the left.

Poly Vagal Stretching



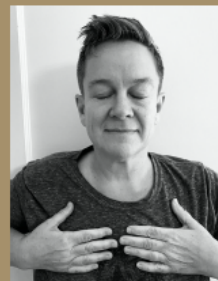
1. Place your hands on your forehead with the fingertips of the hands facing one another. Gently move hands outward to stretch the skin away from the midline.



3. Place your hands on your cheeks over the jaw. Gently move hands outward to stretch the skin away from the midline.



2. Place your hands on your cheeks next to nose. Gently move hands outward to stretch the skin away from the midline



4. Place your hands over heart area with the fingertips of the hands facing one another. Gently move hands outward to stretch the skin away from the midline.