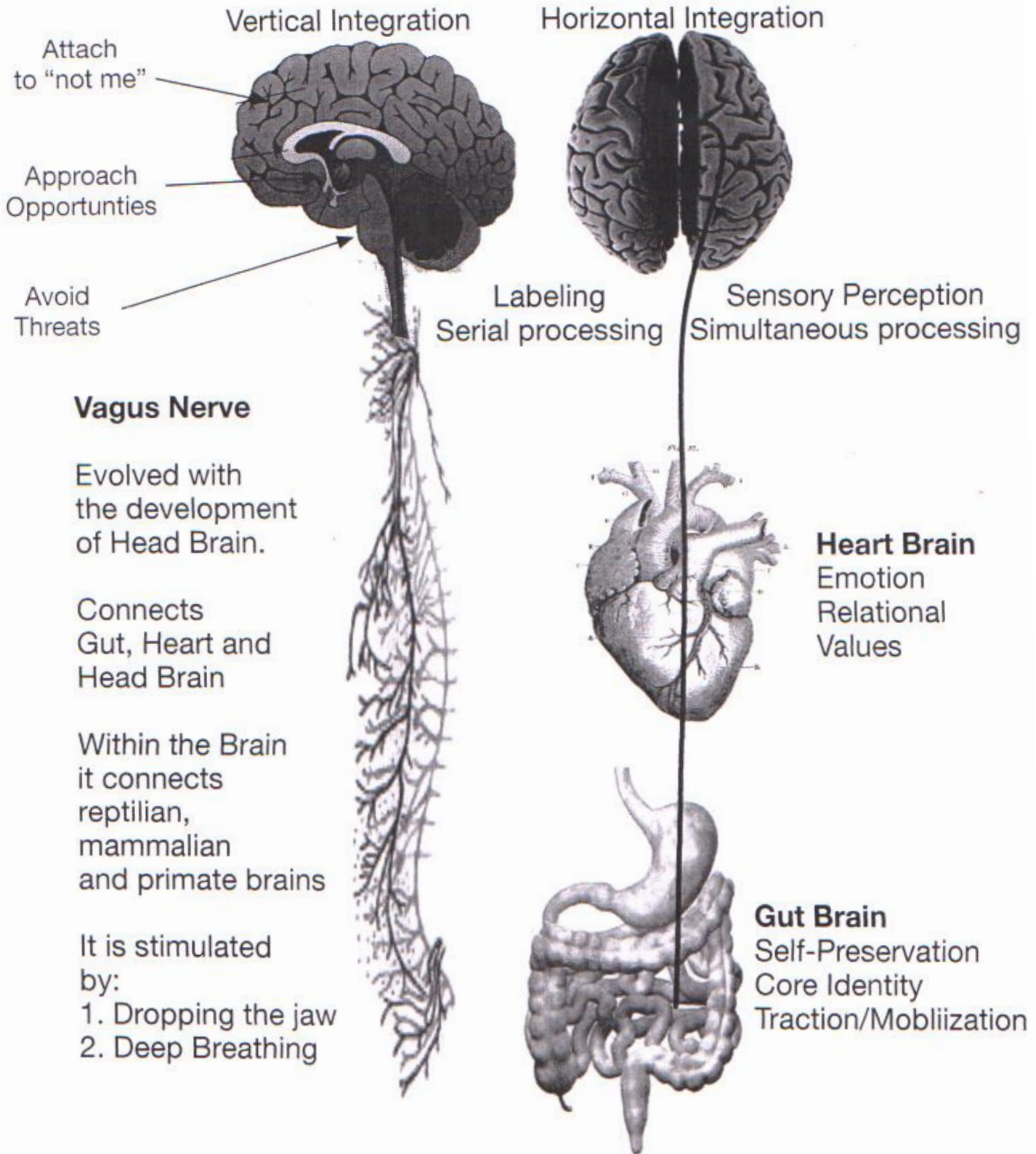


The Three Brains & The Vagus Nerve

Head Brain



Using Breath to Align The Three Brains: Variations of Breathing and Attention

This an integration of processes from mBrain, Heartmath, and Neuro-scientific research.

