



Gottfried Eckert

**The Vagus X Iconic
Routine**


English Edition

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„Each morning,
we are reborn.
What we do today
matters most.“
Buddha Shakyamuni

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Preface

A warm welcome to you. It is great that you are here. And it is great that you are lovingly turning your attention to the most important person in your life ;-) Thank you so much for allowing me to accompany you on your journey. Thank you for your interest, your openness, your attention and your confidence. Thank you for your courage to change.

The vagus nerve is the 10th of a total of 12 cranial nerves and the main nerve of the parasympathetic nervous system. It controls and regulates essential bodily functions and vital processes such as the heartbeat, breathing, digestion, and the immune system. It also ensures that the individual organs work together in harmony. All in all, the vagus nerve contributes significantly to our physical, mental, and emotional well-being. It is the healer within us. And it is within you too ...

The traditional and modern Vagus X Iconic Routine presented here opens up a particularly low-threshold, everyday and resource-efficient way to train the vagus nerve in a natural and holistic manner.

It offers selected, tried-and-tested and highly effective procedures, methods, exercises and techniques in "shortcut" and Pareto quality for vital ad hoc self-application. The systematic arrangement creates a space to consciously and successfully initiate and sustain change.

I wish you lots of inspiration and joy with the Vagus X Iconic Routine. All my love, good luck and blessings to you.

Sincerely

Gottfried Eckert :-)

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I Introduction

The Vagus X Iconic Routine

Mission	Natural and holistic training of the vagus nerve, vagusness
Objective	Physical, mental and spiritual balance
Features	<ul style="list-style-type: none"> ▪ systematic ▪ traditional and modern ▪ low-threshold ▪ express ▪ resource-efficient ▪ practice-oriented ▪ suitable for everyday use ▪ effective and sustainable
Contents	Compilation for self-application: <ul style="list-style-type: none"> ▪ B Set-up ▪ C Starter ▪ D Workout ▪ E Finish ▪ F Lifestyle
Application	<ul style="list-style-type: none"> ▪ User group: basically @all (professional/private). <u>Caution</u>: Pregnancy, certain age groups, certain illnesses or health restrictions, special cases ... ▪ Duration of application: individual
!	A Practical guidelines: <ul style="list-style-type: none"> ▪ General information ▪ Tips for practical use



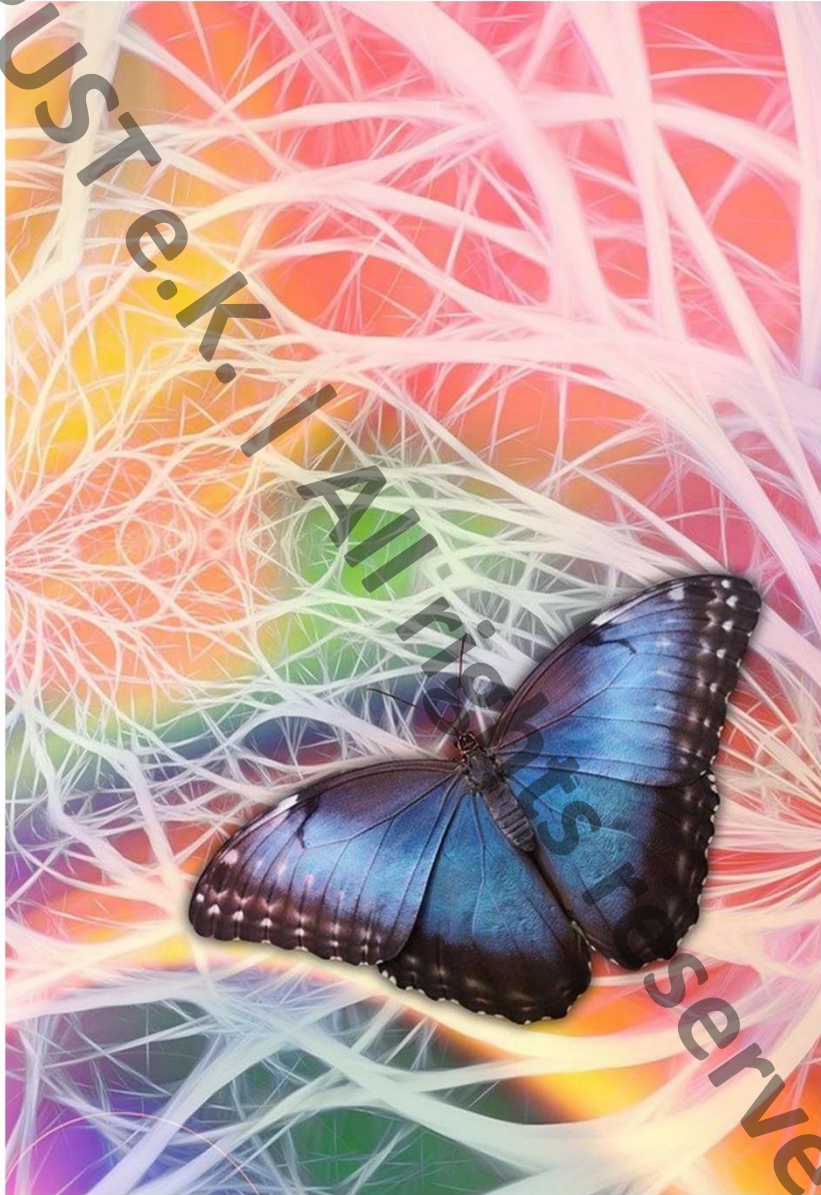
Must-dos ...

21/90 rule: Practice the Vagus X Iconic Routine for at least 21 days to implement it as a new habit in your life and at least 90 days to turn the habit into a lifestyle.

Programming: Whenever, ... (trigger), I practice the Vagus X Iconic Routine, I train my vagus nerve in a natural and holistic way, I consciously and purposefully relax my body, mind and soul and I switch off my inner stress alarm system. HERE and NOW!

THE VAGUS X ICONIC ROUTINE HEALTH CONCEPTS

by Gottfried Eckert





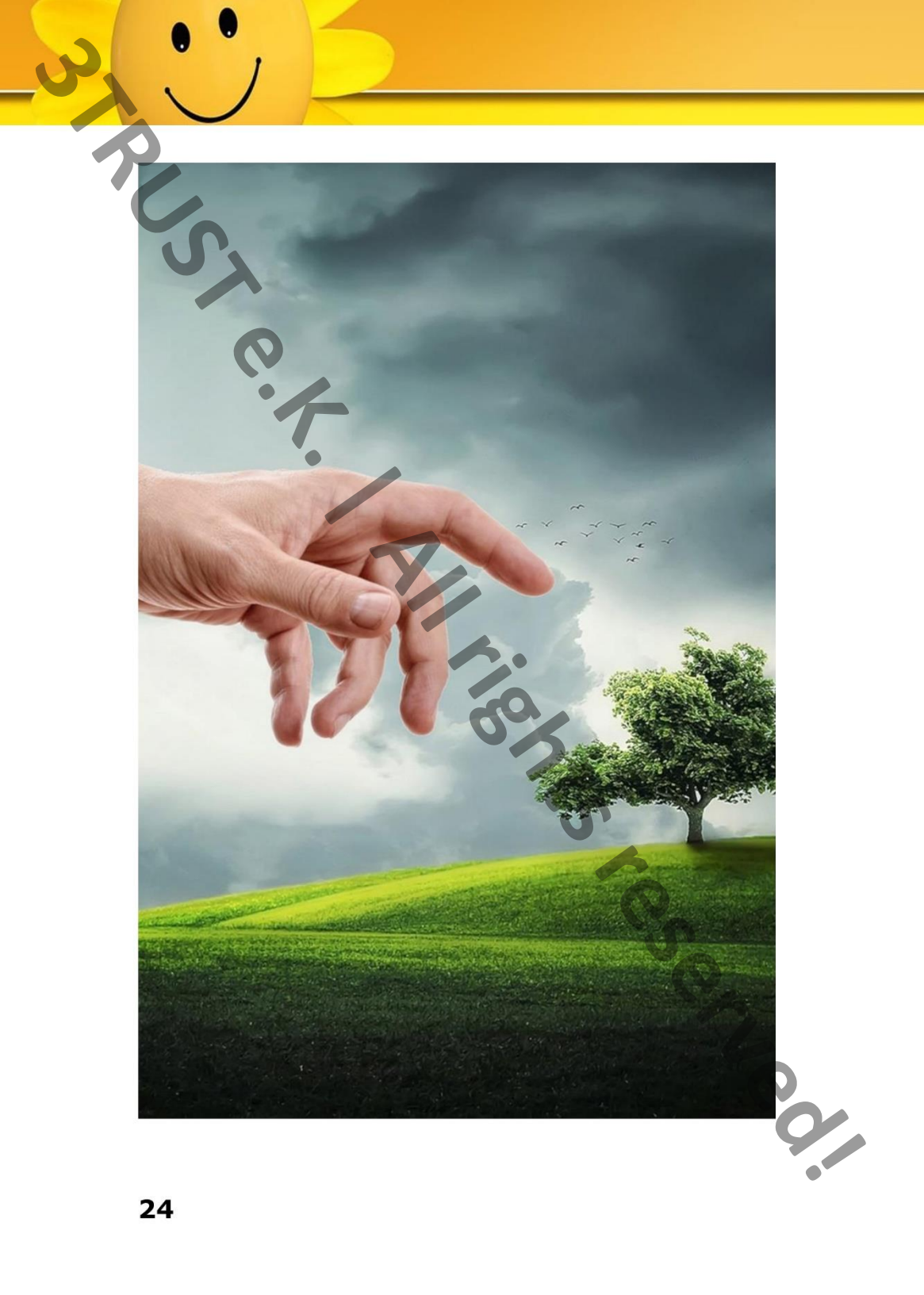
II

The Vagus X Iconic Routine





A Practical guidelines





B Set-Up





C Starter

Important health advice:

In case of illness, health problems, injuries, inflammation, physical limitations, discomfort or similar, acute or chronic pain, after surgery, or during pregnancy, please consult a doctor or therapist before performing the exercises and techniques and clarify any possible risks. In any way, do not use pressure techniques or anything like that during pregnancy and in the event of local or other contraindications! If you wear glasses or a hearing aid, please remove these temporarily when performing the relevant techniques, if this is possible without risk. For hygienic reasons and to avoid infection, hands should be washed thoroughly and disinfected before commencing, if necessary.





D Workout

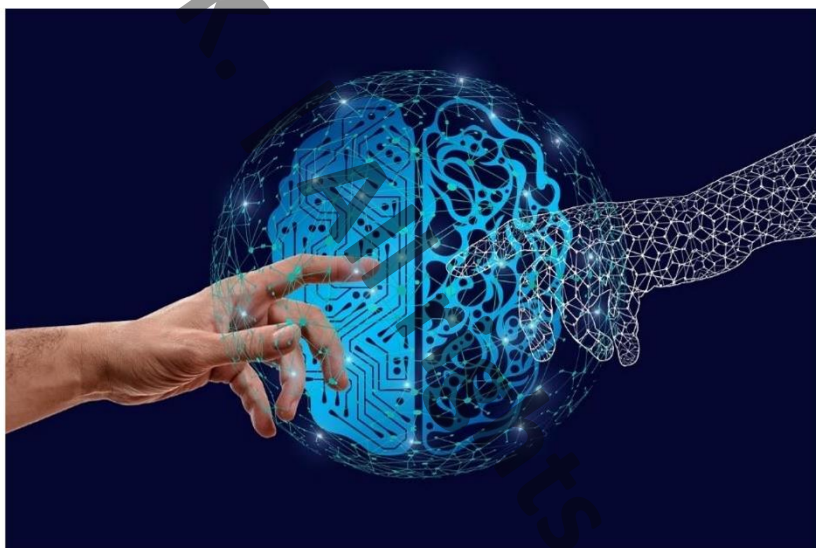
Important health advice:

In case of illness, health problems, injuries, inflammation, physical limitations, discomfort or similar, acute or chronic pain, or after surgery, please consult a doctor or therapist before commencing the workout and clarify any possible risks. Do not execute the program during pregnancy! If you have heavy menstruation, refrain from performing the relevant exercises.

Workout

The Iconic Workout comprises 10 traditional and modern exercises. It opens up a systematic, practical and everyday way to train the vagus nerve in a natural and holistic way.

- Performance:** ■ Standing (Shoulder-width **parallel stance**)
- Setting:** ■ Individual



🧠 Perform the Iconic Workout preferably in full and as described. If necessary, you can also select single exercises depending on the situation.

Overview



Chicken dance



Door opener



Trampoline



Lever



Magic whip



Hand mambo



Sledgehammer



Play with claws



Cradle



Relaxclamation mark





E Finish

Important health advice:

If you have any health problems, please seek medical or therapeutic advice and clarify possible risks before taking any action. For hygienic reasons, hands should be washed thoroughly and disinfected, if necessary.

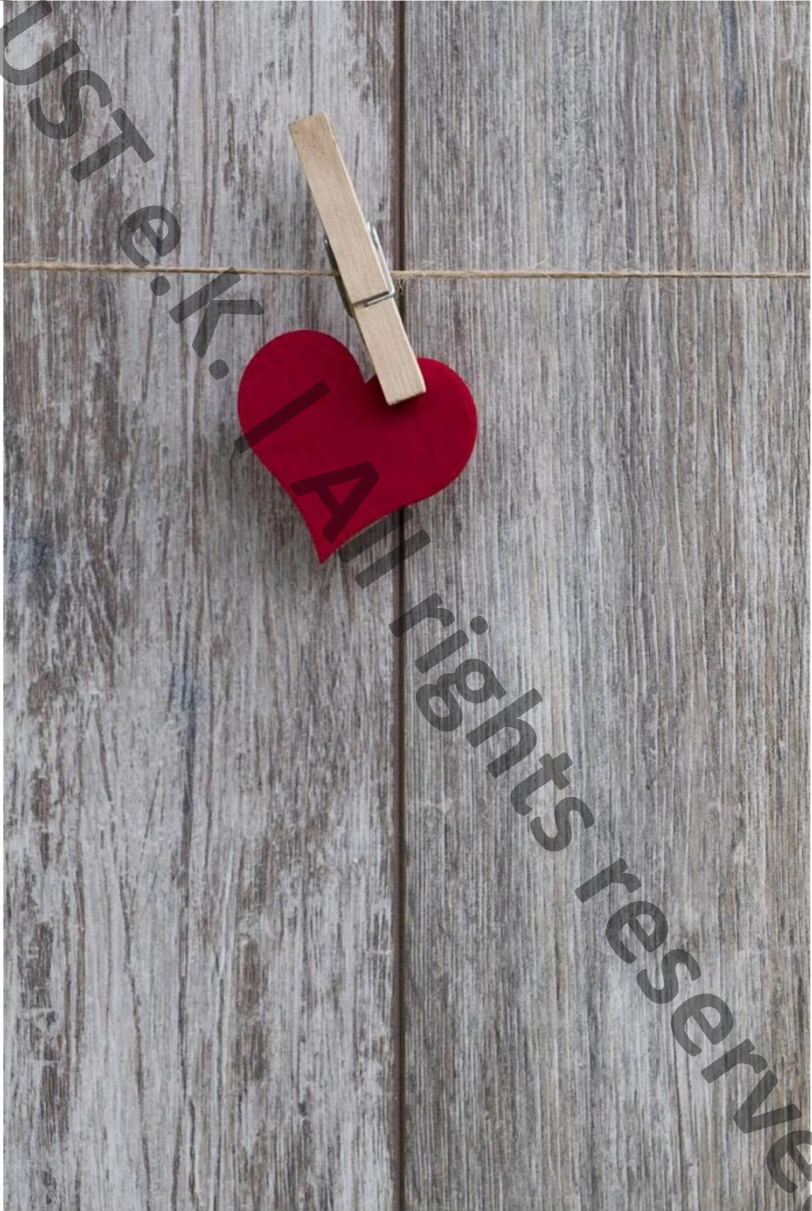




F Lifestyle

Important health advice:

If you have any health problems, please seek medical or therapeutic advice and clarify possible risks before implementing any measures.





III Appendix



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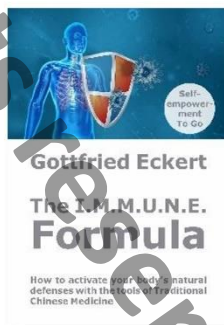
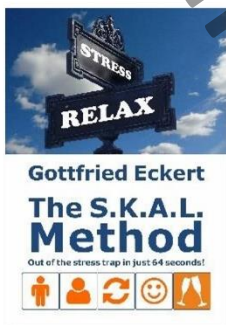
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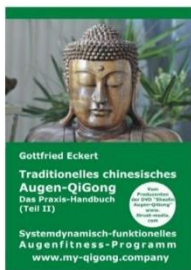
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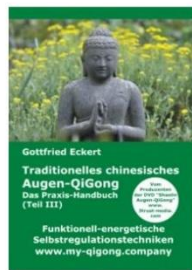
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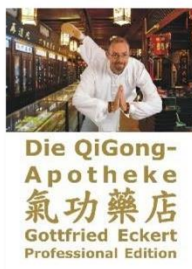
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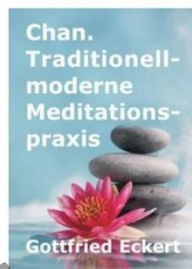
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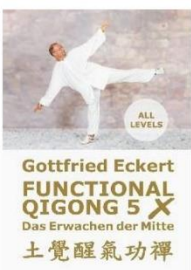
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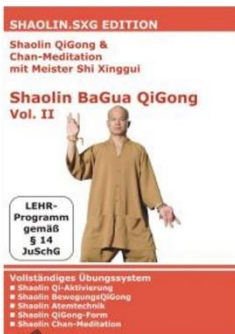
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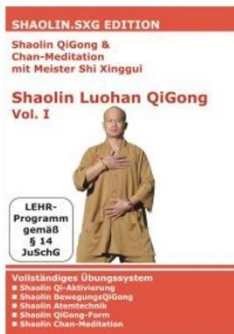
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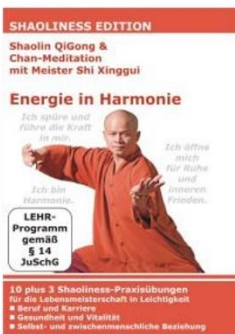
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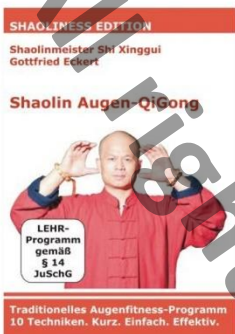
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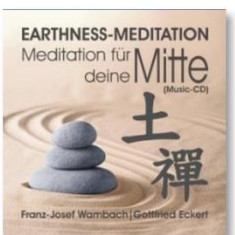
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but of playing a poor hand well.“**

Robert Louis Stevenson