

night seems to be the deepest before the sun begins to rise

**VAGUS
.WORK**



RECALIBRATING OUR SENSE OF SELF. TIME; AND SPACE

NAVIGATING NEW NEURAL PATHWAYS

VAGUS.work offers multi-sensory, co-creative experiences for moving beyond blindspots, stuck states and the transgenerational impacts of ancestral wounds. Sophisticated practices for accessing Source. Transformational visionquests into high-performance deep work states. Complemented by eclectic HeartSpaces for nourishing emotional needs. And a fine selection of essential tools for manifesting in flow & glow.

DISRUPTING

actively pause to check-in with the state of our nervous system for developing self-regulation skills and autonomic agility

SENSE.IN

expanding awareness of perception to access the 95% of our not-yet-realized human potential

PRESENSING

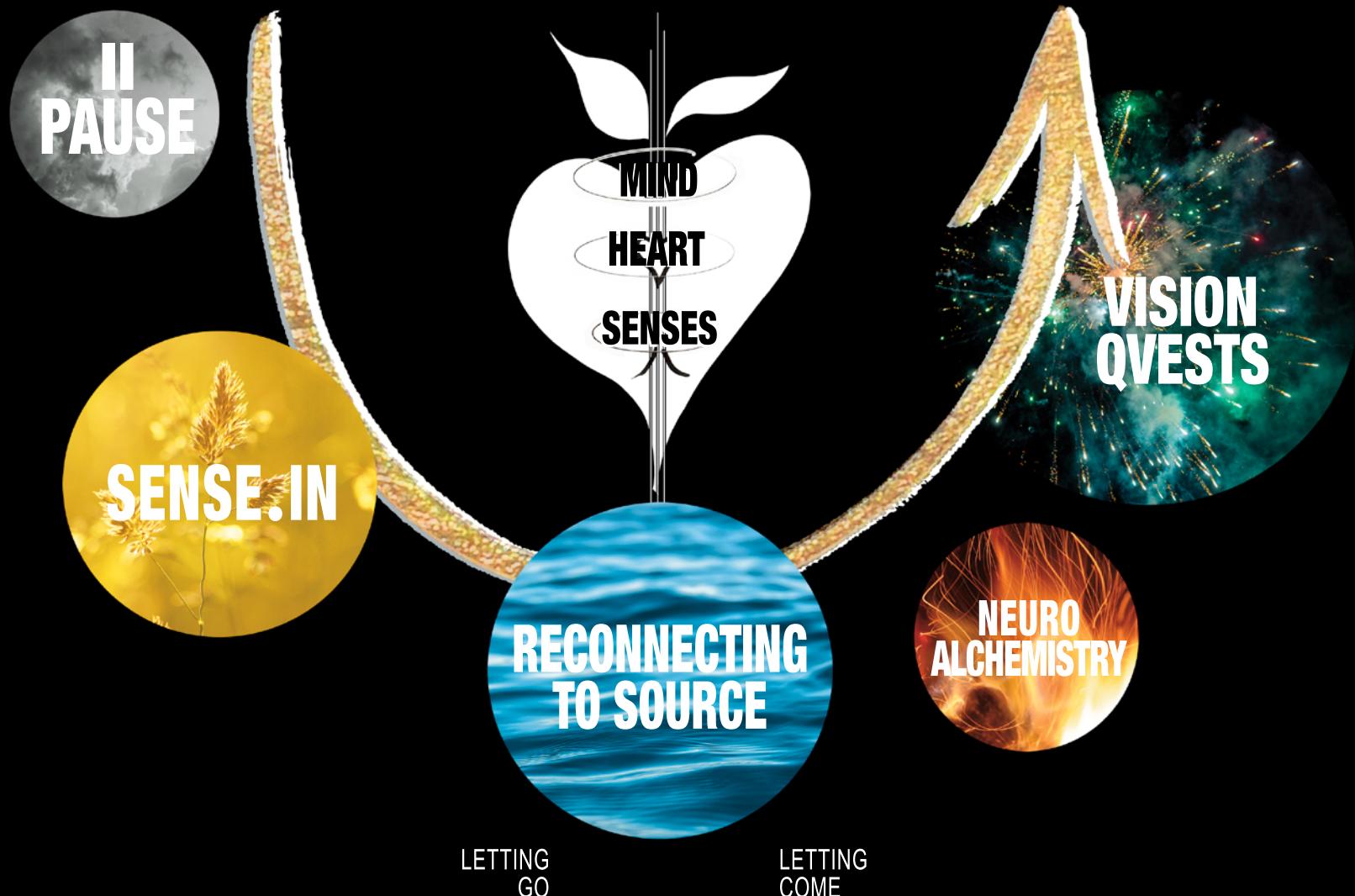
realigning our mental, emotional & sensory faculties for reconnecting with Source and co-creative flow states

TRANCEFORMING

balance our inner & outer nature for expanding HeartSpaces and shifting from protection mode to growth beyond mind-sets

MANIFESTING

embodying our creative intelligence to manifest what really matters in life for making the leap into a thriveable future



“ We are stardust. We are golden. And we've got to get our Selves back to the garden.
Joni Mitchell ”

SENSEIN

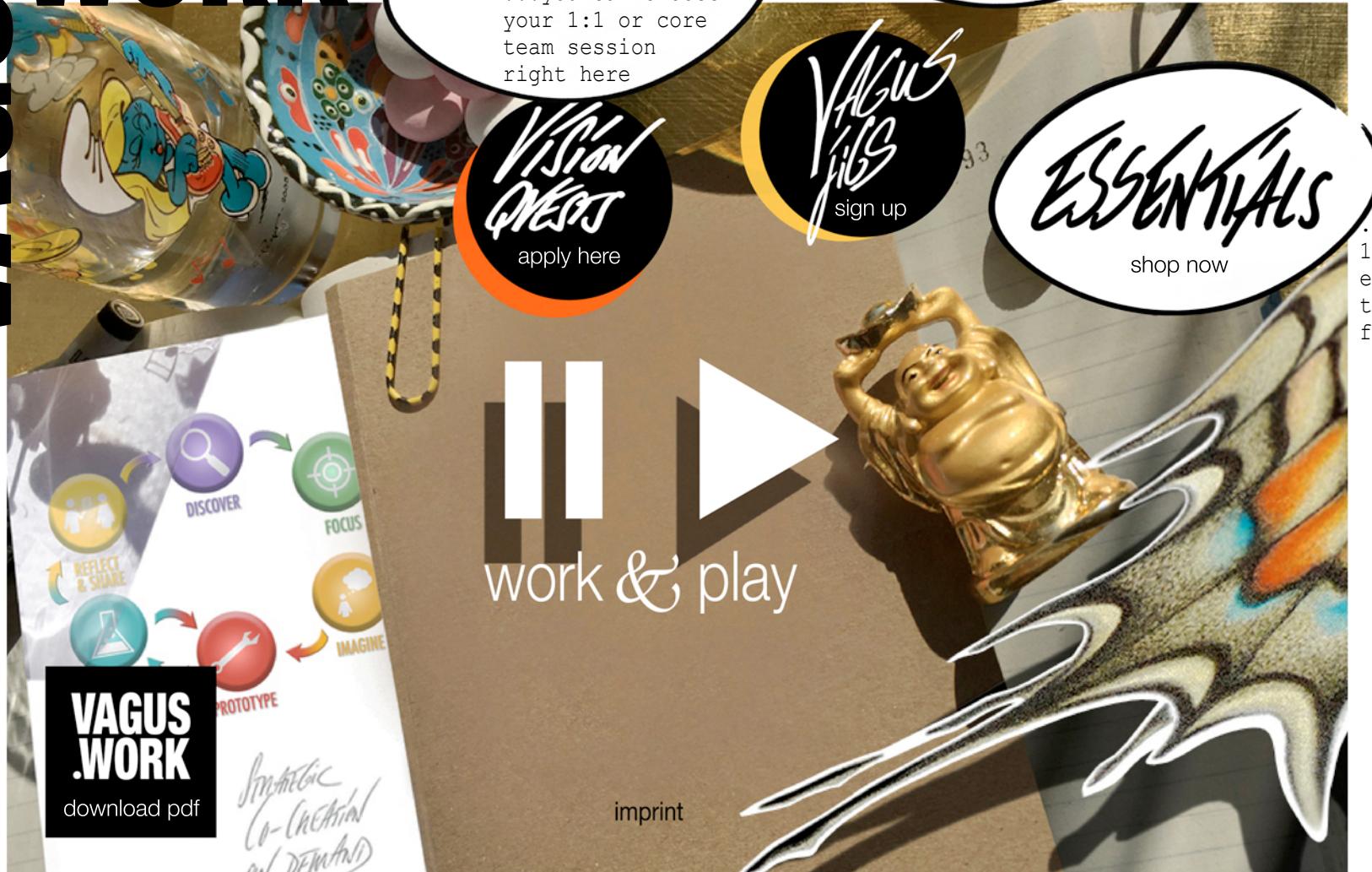
A sophisticated practice for aligning our mental, emotional & sensory faculties.
Balancing left & right hemispheres. Inner & outer nature. Move beyond polarization.
For reconnecting to Source. Restore life force

...and get our Self back to the garden.

REALIGN. BALANCE. THRIVE.

you've been there. you know how it feels. and you want to have more of it.

HOW TO VAGUS WORK



brochure
+
...you got this!

**Unthink your way
of problemsolving**



THE ALL ACCESS PASS TO CO-CREATIVE HIGH-POTENTIAL STATES & DEEP WORK EXPERIENCES

into eclectic HeartSpaces for manifesting
what truly matters in our lives.



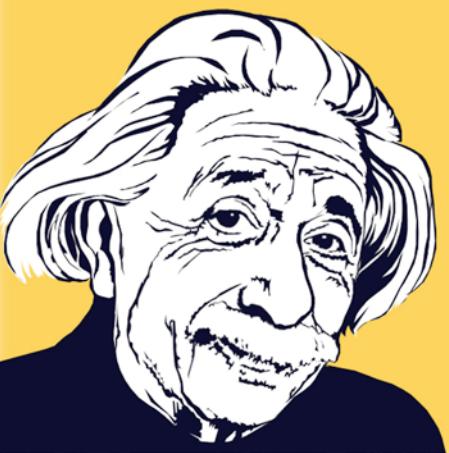
What you get: practices, tools & new skills for channeling your own inner Jedi master. For initiating shifts from reactive stuck states - of functional freeze, overwhelm or perfectionism paralysis - to high-potential states of deep work experience. Whether you want to gain momentum right before the next kick-off meeting. For complex problemsolving. Strategic decisionmaking. Or writing your first book. And of course when you want to joyfully leap into a new phase of life. Visionquests offer embodied creative intelligence on-demand. Via zoom 1:1 sessions. Core team work spaces. Or by invitation in becoming a member of the visionquests practice community.

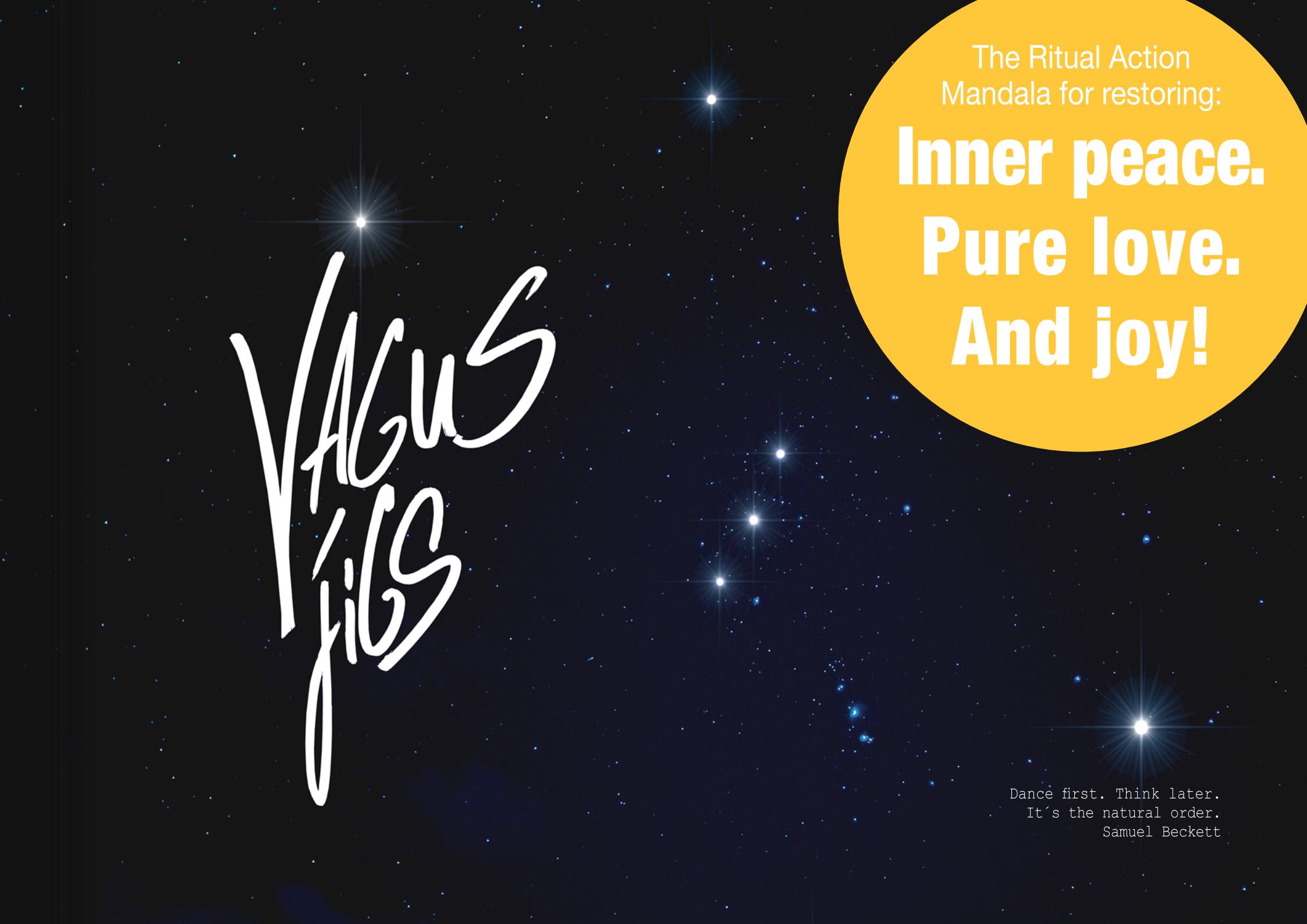
REFOCUS. GAIN MOMENTUM. MANIFEST.

you know that you got all it takes. tune in to explore. and then manifest what really matters for you.

**Creativity is
intelligence
having fun.**

Albert Einstein





The Ritual Action
Mandala for restoring:

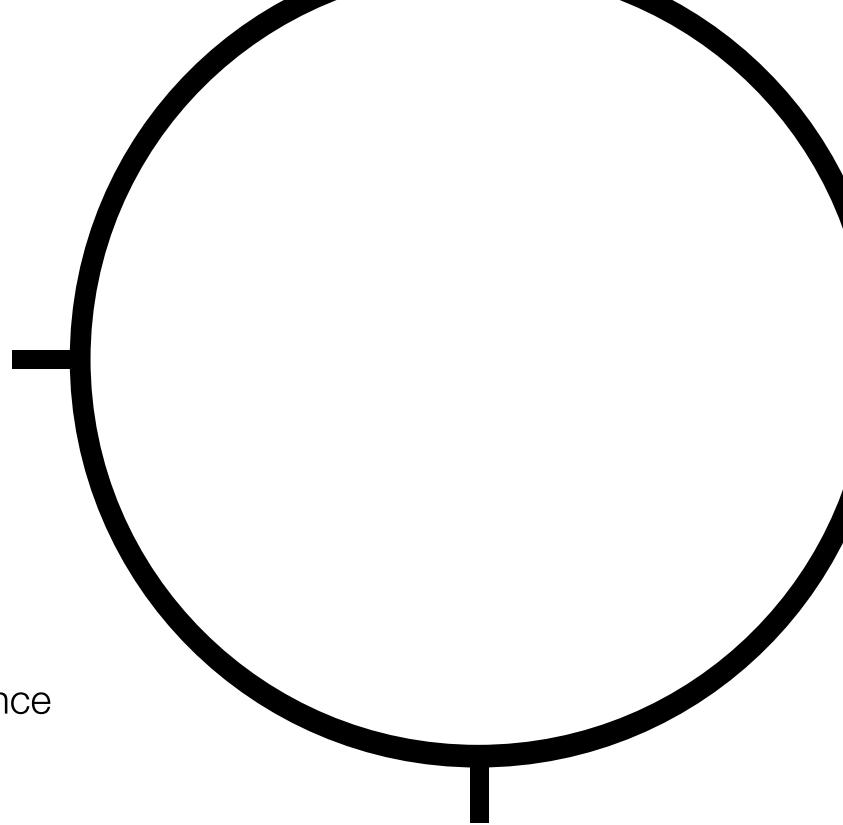
**Inner peace.
Pure love.
And joy!**

**Vagus
vibes**

Dance first. Think later.
It's the natural order.
Samuel Beckett



A remembering of tibetan tantric dance
rituals. Opening a sacred space for
profound emotional healing.
A prayer for peace. Pure Love.
And inner freedom of all sentient beings.



STRESS: EASE. ANGER: STRENGTH. TRAUMA: THRIVE.

letting your body play with sound. daring to feel your life force. and expanding your HeartSpace.



INNER FREE DOM

The doors to the world of the wild Self are few but precious. If you have a deep scar. That is a door. If you have an old, old story. That is a door. If you love the sky and the water so much you almost cannot bear it. That is a door. If you yearn for a deeper life. A full life. A sane life. That is a door.

Clarissa Pinkola Estes

Australian aborigines. The tibetan amchies. Egyptian priests. Essenes in Qumran. The oracle in Delphi. And Hildegard von Bingen within the walls of a medieval monastery. Aromatic plants inspired shamans, priestesses and alchemists to discover their healing properties. Exploring phytochemical compositions. Creating magical formulae for treating illness. And healing dis-ease by restoring life force.

Here's your invitation to open this door and experience the enchanting world of essences. And as Dominique Baudoux so charmingly describes the encounter with essential oils in his encyclopedia of Contemporary French Aromatherapy... "meeting these wonderful beings" is rarely boring.

With QVINTessentials we're offering personalized essential oil formulations for regulating the autonomic nervous system (ANS). Including comprehensive body-mind treatments for inflammatory & pain conditions. Respiratory indications. Lymphatic congestion. As well as gastrointestinal, immune and endocrine system conditions. We also support our clients in therapeutic detox from medicinal poisoning. And deliver innovative, highly efficient solutions for treating anxiety, depression and insomnia.

We use only high-quality, organic or wild-harvested, chemo-typed essential oils for our formulations. Carefully chosen for their therapeutic properties in accordance to the therapeutic indications of each individual client. And as the molecular composition of most essential oils allows for immediate crossing of the blood brain barrier... ESSENTIALS can provide rapid symptom relief in acute as well as chronic conditions.





Yris Kayser
integrative health coaching
vibrational healing arts
visionquests

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I am yris kayser. I'm a professional certified coach (PCC/ICF). A board-certified clinical Hypnotherapist, Somatic Experiencing™ Practitioner (SEP) & Certified Integral Somatic Psychology (ISPP) Practitioner. I was one of the 2010 graduates of the Presencing Institute. I've been an INC 5000 speaker. I am trained in healing- & martial arts. And I always tried to learn from the finest teachers in the field. Studied with Peter Holmes for supporting brain health with essential oils. Certification in clinical aromatherapy by Jade Shutes. And I wholeheartedly enjoyed the introduction to french-style aromatherapy from Dominique Baudoux.

I am the creator of VAGUS.work. An experiential, multi-sensory framework integrating Otto Scharmer's Theory U and Stephen Porges' Polyvagal Theory with intensely focused, "tranceformational high-performance states" (David Spiegel) induced in co-creative spaces for strategic visionquests.

I'm all about coherent listening, human gentleness & courageous support for personal growth. Born in the year of the firehorse. Raw. Honest. Fiercely enchanting. And seriously playful. Gallup CliftonStrengths:
Achiever. Strategic. Learner. Activator. Individualization.
MBTI: Advocat (INFJ-A)

Working with me is about rediscovering space. Space between words. Thoughts. And actions. Autonomic Agility. It's about work & play. HeartSpace. Stillness & inner clarity. About embodied co-creative intelligence at work. And about remembering our way home to being all of who we really are.



LOVE YOUR SELF!

**ME
TIME**
RITUALS FOR
HOLISTIC GLOW