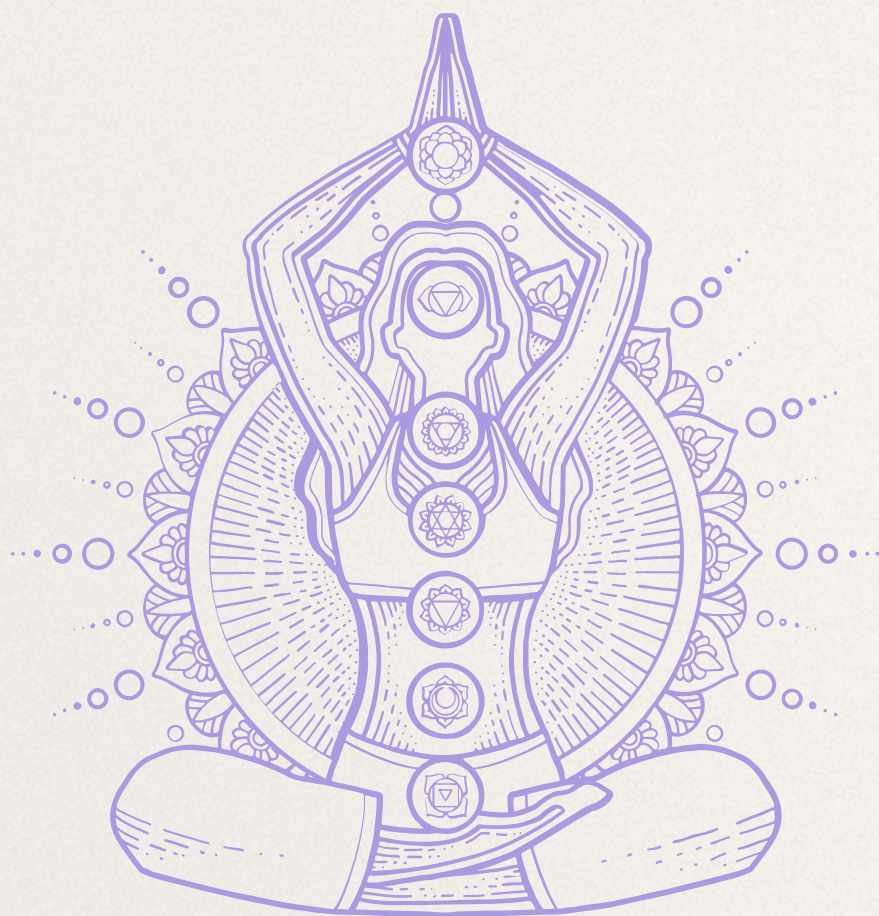


3 V Connection

*A Workbook to Help You Reconnect with Your
Voice, Regulate Your Nervous System &
Reclaim Your Feminine Power*



RECLAMATION REGULATION RESONANCE

FRANCIE LA FLOW
[@francielaflow](https://www.instagram.com/francielaflow)

SOFIA ARAÚJO
[@swarayogaschool](https://www.instagram.com/swarayogaschool)



Welcome

Awaken Your Voice, Embody Your Power, Regulate Your Flow

Welcome to this sacred journey through the **3V Connection**, a reclamation of your Voice, your Vagina, and your Vagus Nerve.

These three centers hold the keys to your expression, embodiment, and regulation.

This isn't just a workbook. It's an invitation to remember your wholeness.

Why the 3Vs?

Voice is the sound of your soul, your unique, unrepeatable resonance.

Vagina & Womb is the root of your power, your pleasure, and creative force.

Vagus Nerve is the bridge that weaves it all together, the thread of safety, connection, and flow.

Each one affects the others:

When your voice is blocked, your pelvis may be holding too much. When your nervous system is dysregulated, your expression can shrink and your pleasure can dim.

When we reconnect these three, we awaken our capacity to feel, express, and create from a place of truth, pleasure, and presence.

How to Use This Workbook

- ☯ Move through each section (Voice, Vagina and Vagus) with curiosity and reverence.
- ☯ Let the practices be invitations, not prescriptions.
- ☯ Use your voice as you go. Sing. Hum. Speak your truth aloud.
- ☯ Pause often. Journal what arises. Let yourself be surprised.

**Theme of This Journey:
Reclamation. Regulation. Resonance.**



You are here to reclaim your truth. To regulate your inner world. And to rise in resonance, in voice, body, and nervous system.
Let's begin.

With reverence, love, and resonance,

Francie & Sofia

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VOICE THE SACRED SOUND OF SELF



VOICE



The Sacred Sound of Self

What Is the Voice?

Your voice is not just sound. It is your inner truth in motion.

Shaped by breath, emotions, nervous system, and beliefs.

Your instrument of connection, creativity, and boundaries.

Why It Matters?

Your voice tells your story.

When you free your voice, you free yourself.

A steady voice = a regulated nervous system = empowered expression.

Journal Prompts

Where in life am I silencing myself?

What feels safe or unsafe about being heard?

If my voice had a colour or texture today, what would it be?

SOMATIC PRACTICES FOR THE VOICE

- Humming with intention
- Sighing with sound
- Vocal toning (e.g., “OM”, “AH”, vowels)
- Mirror practice: speak your truth
- Sing a simple melody that feels soothing or empowering



Notice how you feel after these practices, which sensations do you have in your body now that you practiced sound and resonance? What messages in the form of sensations is your body sending you?

AFFIRMATIONS FOR SELF CONNECTION

I Am Whole
I Am Enough
I Belong in my Body

WOMB / VAGINA / YONI: ROOT OF CREATION, PLEASURE & POWER



Why It Matters

This area is often home to unconscious tension, shame, or trauma.

Reconnecting with the womb and yoni reclaims sensual sovereignty and creative vitality.

Clarifying the Terms

Vagina: The muscular birth canal, a passageway between the outer world and the inner temple.

Womb: The uterus, your energetic and biological center of creation, intuition, and deep knowing.

Yoni: Sanskrit for the entire sacred feminine landscape: womb, vagina, vulva, and energetic essence.

SOMATIC PRACTICES FOR THE WOMB

- Pelvic bowl breathing
- Gentle hip circles or yoni mudra meditation
- Womb listening: “What do you need?”
- Yoni steaming or self-oil massage
- Vocal sounding from the womb: let your voice rise from your root



Journal Prompts

- How do I relate to my womb, my vagina, and my yoni today?
- What does my body remember that my mind may have forgotten?
- What is ready to be released, reclaimed, or reawakened in my root?

*Tune Into the felt sense in your body and womb space
and in quietness listen to the echos*

VAGUS NERVE: THE WANDERING NERVE OF SAFETY & CONNECTION



Why It Matters

When it's toned, we feel calm, safe, and connected.

It bridges voice and body, expression and reception.

Healing the vagus nerve supports trauma release and nervous system balance.

What Is the Vagus Nerve?

The longest cranial nerve, running from your brainstem through your throat, heart, lungs and gut.

Main player in the parasympathetic system: rest, digest, connect.

Supports voice, digestion, breath, pleasure, and emotional regulation.

SOMATIC PRACTICES FOR THE VAGUS NERVE

- Humming with hand on heart
- Exhaling with a long sigh
- Splashing cold water on the face
- Deep belly breathing
- Gentle movement or dance
- Singing softly and slowly

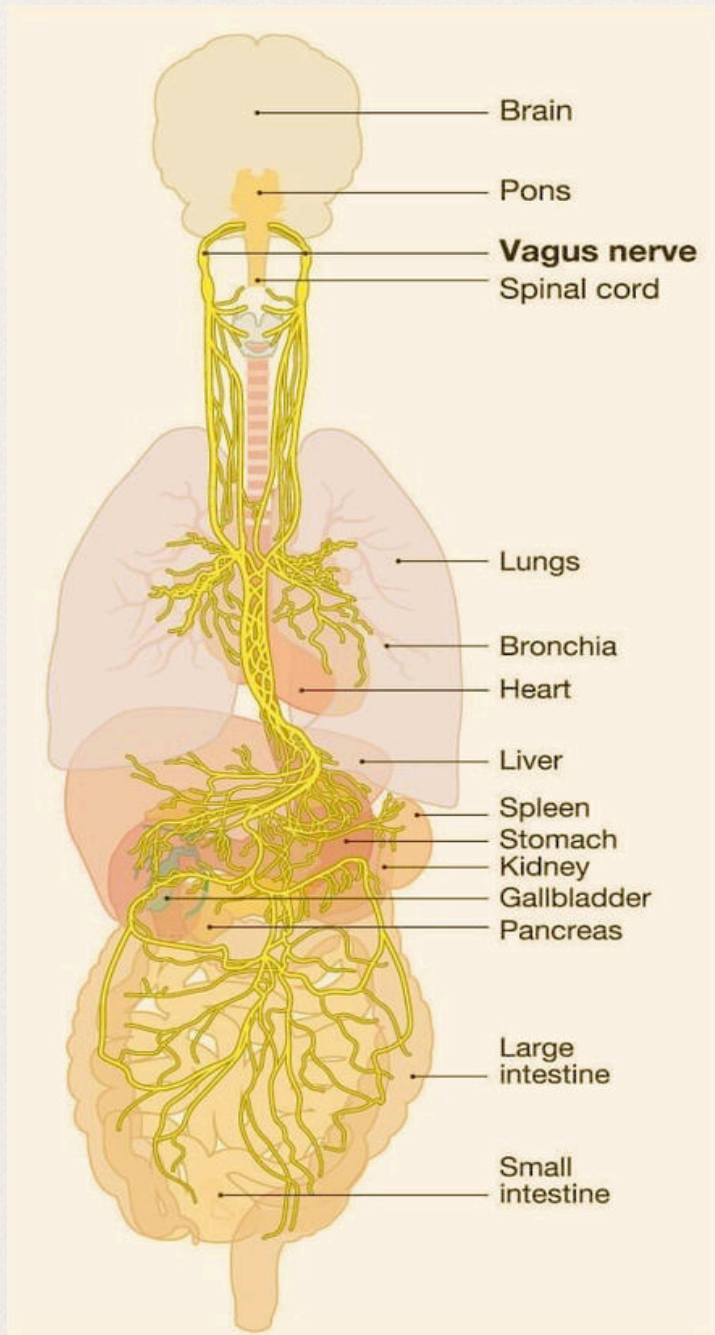


Journal Prompts

- When do I feel most safe in my body?
- What helps me soften when I feel tense?
- What tones of voice help me feel seen, soothed, and supported?

*Bring your bare feet to the earth feel the temperature,
the texture and how it supports the weight of the body*

THE VAGUS NERVE



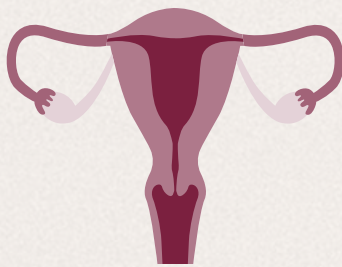
The vagus nerve, a key component of the parasympathetic nervous system, is the longest and most widely distributed of the cranial nerves, extending from the brainstem to vital organs throughout the body.

It plays a profound role in regulating health, influencing our mood, and shaping how we perceive and interact with our environment.

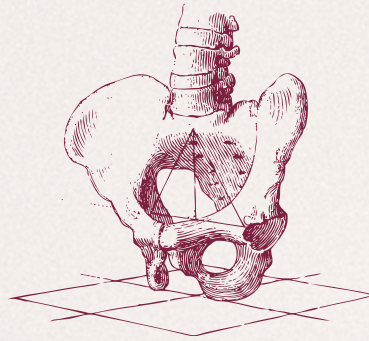
This “wandering nerve” connects directly to the heart, gastrointestinal tract, and other essential systems, where it promotes critical functions, such as smooth muscle contraction and glandular secretion in the digestive organs.

The vagus nerve also controls most of the muscles in the larynx, impacting voice and communication, illustrating its extensive reach and influence over bodily functions.

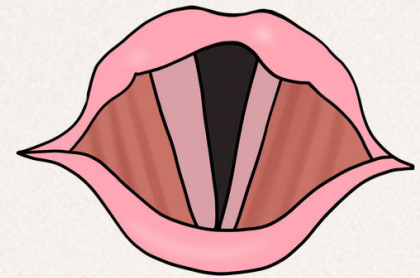
THE SIMILAR ANATOMY



The Womb



The pelvic structure



The vocal cords



Larynx

The womb (uterus) and the vocal folds (inside the larynx) have more in common than you might think. Both are soft, layered tissue wrapped in moist mucosal lining, rich in blood supply, and built for movement and change. The uterus contracts in rhythmic waves during menstruation and childbirth, while the vocal folds vibrate and shift their tension to make sound. Both respond to hormones, especially estrogen and progesterone, which is why many women hear their voice change across the menstrual cycle and in pregnancy. And both ride the same breath: as your diaphragm drops on the inhale, your pelvic floor softens with it, so a slow belly breath opens the base of your body and your voice together.

BONUS:

10 DAILY WAYS TO TONE THE VAGUS NERVE

1. Hum with your hand on your heart (2–3 minutes)
2. Sigh with sound: a deep audible exhale: “Ahhh...”
3. Cold water splash on your face or neck
4. Belly breathing: inhale for 4, exhale for 6
5. Vocal toning: use sounds like “OM” or “AH”
6. Gargle water (yes, really)
7. Sing a slow song to yourself with love
8. Pelvic rocking: like waves or figure 8s
9. Laughter or tears: emotional release = vagal healing
10. Co-regulate with a friend, pet, or safe presence



Journal Prompts

Which of these practices feels easiest or most resonant right now?

What does nervous system healing mean to me at this moment?

BONUS: 3V TUNE-UP

Reclaim your voice. Regulate your nervous system. Remember your womb wisdom.

This mini-practice is designed to ground, center and restore you in just a few minutes. Use it in the morning to begin the day, or in the evening to release, reflect and return to yourself.

WOMB: “I ground.”

Place your hands on your lower belly. Breathe low and deep. Feel your womb as a bowl holding you, softening you.

“I am safe in my body. I trust my inner wisdom.”

Optional: spiral your hips in a figure 8, or whisper or hum into your womb space.

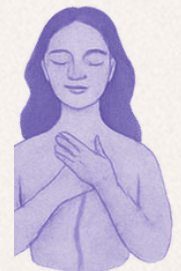


VAGUS NERVE: “I regulate.”

Place one hand on your heart and one on your throat. Take a long exhale with a soft sigh, “Ahhh...” Repeat 3 to 5 times, then hum gently.

“I am calm, connected and at ease.”

Optional: try vocal toning (AH, OH, MM), or splash cold water on your face.



VOICE: “I express.”

Sit or stand tall. Feel the breath rise from your womb to your throat. Let a sound emerge: a tone, a melody, a truth.

“Sing your name. Speak a prayer. Moan. Laugh. Let it be real.”



Journal Prompts

What do I need to say today?

What does my voice want to sound like?

LOKAH SAMASTAH

Sukhino Bhavantu



@francielaflow

<https://www.pureflow.yoga>

We're truly grateful that you took the time to read, and we genuinely hope that these practices become a comforting part of your everyday life, helping you feel more present in each moment, more connected to your body, and more at ease in your heart.

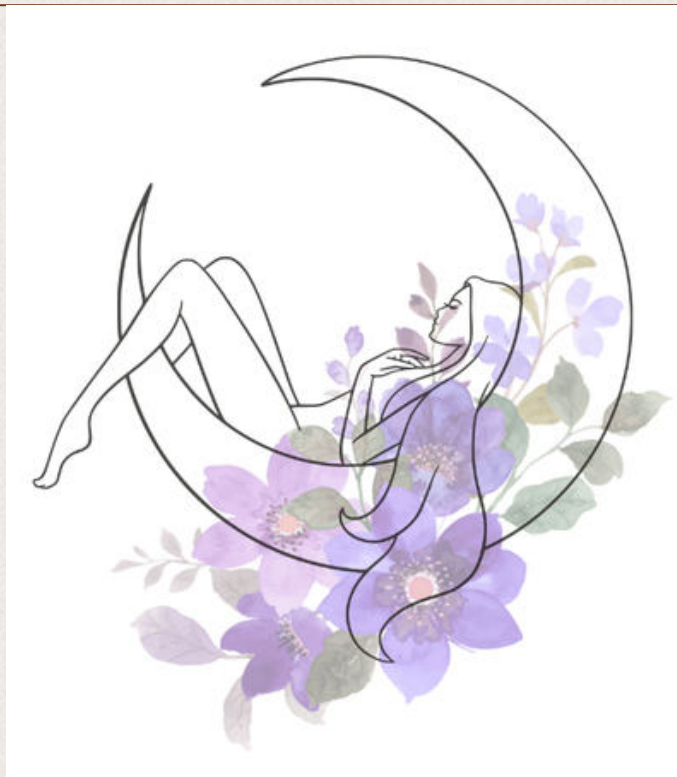
Thank you!



@swarayogaschool

<https://www.swara-yoga.com>

"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



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Save the date: Francie & Sofia are gathering again
Portugal · July 2027
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