

overview

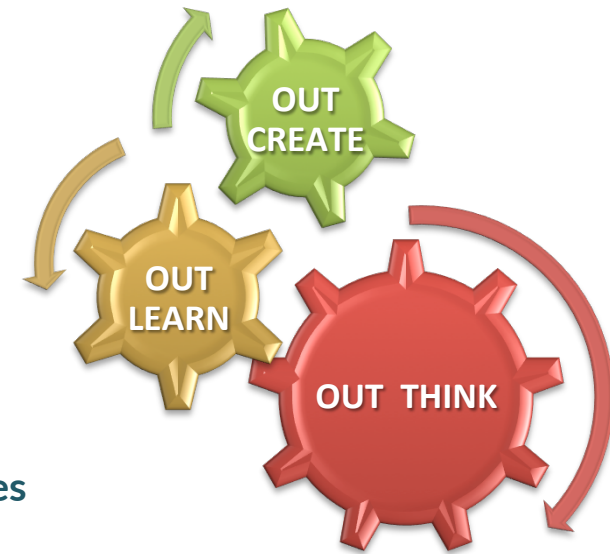
Brain fitness exercises are scientifically based exercises that produce natural growth factors called **neurotrophins** that activate the brain, keep it fit, fight off the effects of mental aging and improve performance and mental health.

The purpose of the workshop is to equip you with brain integration techniques and activities that can help you to increase your brain fitness and prevent the brain from “switching off” in stressful circumstances.

In this workshop you will learn combinations of brain integration exercises that will engage both brain hemispheres, all three brain systems and all eight lobes of the brain.

program outcomes

- } Understanding 6 drivers that influence brain fitness and performance
- } Master cross lateral exercises for whole brain integration for optimal performance, creativity and innovation
- } Learn multiple (over 34) brain fitness exercises
- } Understanding stress and how it impacts mental and physical wellness
- } Understand and practice activities that produce neurotrophins
- } Understand and practice activities that produce neuro-transmitters
- } Mental brain integration exercises & physical brain integration exercises
- } Being able to **OUT THINK**, **OUT LEARN**, **OUT CREATE**



1 - 2 Days

