

NEUROSCULPTING® INSTITUTE

Brain Health and Meditation Center



COURSE CATALOG
June - December 2019

www.NeuroSculptingInstitute.com
1245 E. Colfax Ave. Suite 207 - Denver, CO 80218

The Neurosculpting® Institute

Neurosculpting® is a 5-step meditation process that can strategically help an individual release the grip of old patterns and entrain their brain to create new and more supportive patterns, habits, and behaviors.

Our Vision

Healing the world one mind at a time.

Our Mission

Empower people to own their future through brain-based practices, meditation, and education.

Our Core Values

- **SHOW RESPECT:** Seek first to listen and understand.
- **BE AUTHENTIC:** We practice what we teach.
- **VALUE DIVERSITY:** We believe in collaboration and diversity over competition and division.
- **HAVE FUN:** We embrace amusement. We don't take ourselves too seriously.
- **BE PASSIONATE:** We are all agents of change. We believe in the power of creativity and innovation.
- **BE ACCOUNTABLE:** We are accountable to ourselves, co-workers, and customers. We don't make excuses or blame others. We honor our standards and commitments.
- **ENSURE PERSONAL FREEDOM:** We let you be you.
- **PROMOTE GROWTH:** Learn and evolve personally, professionally, as a team, and as an organization.

COURSE CATALOG INFORMATION

This catalogue reflects classes scheduled at The Neurosculpting® Institute in Denver, CO only; select courses also offer online attendance options.

We recommend you register at least one day ahead of any event you wish to attend. This ensures you secure a place as many events do sell out. This also allows us to send you important information that will enhance your experience. We wait 15-minutes the day of an event to allow for last minute drop-ins – we know how life sometimes can't be planned!

Please note: Our Sound Meditations and Mala Workshops require pre-registrations.

HOW TO REGISTER FOR EVENTS

- Visit www.neurosculptinginstitute.com/calendar
- Select an event in the calendar
- Scroll down to "Tickets" below the class details
- Enter the number of tickets desired and click "Add to Cart"
- Apply your coupon code if you have one, or if you are a member then your discount is automatically processed at checkout if you are logged on the website first (confirm you are logged into your personal Neurosculpting® profile if you should receive an automatic discount)
- Click "Proceed to Checkout"
- Enter Billing Information and click "PayPal"
- Complete PayPal transaction
- Refer to your confirmation email for important event info (including online attendance information if applicable)
- Send questions to info@neurosculptinginstitute.com

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1-DAY WORKSHOPS



Feeding The Brain - Nutrition & Our Thoughts

with Mariah Ehlert, CNSF

July 20 @ 10:00am - 12:00pm MST | \$35 

September 14 @ 10:00am - 12:00pm MST | \$35 

In this introductory Neurosculpting® class you'll learn the important role nutrition plays in brain health, how the brain works in relation to stress and learning, and how Neurosculpting® works using this brain science.

We will go through two guided Neurosculpting® meditations in which you'll address and release a stress or limiting belief and then a second mediation where we orient to a desired reaction or feeling.

Prerequisites: None



Foundational Neurosculpting®

with a Certified Neurosculpting® Facilitator (CNSF)

June 9 @ 12:00pm - 3:00pm MST | [Danielle Rachlin](#) | \$45

August 18 @ 10:00am - 1:00pm MST | [Cyndi Morris](#) | \$45

Learn the brain basics of how neuroplasticity can transform your life, help you rewrite old patterns, help you heal from stress and trauma, and allow you to become the best you possible.

You will learn how to identify different brain states that hijack your ability to move forward and you will learn powerful meditative tools to reverse that process.

You'll get hands-on experience in the Neurosculpting® modality of meditation and brain entrainment, and you'll learn daily exercises to take this transformational practice into your everyday life.

Prerequisites: None



Heroine's Mystical Journey Workshop

with Elisha Halpin, CNSF

November 2 @ 10:00am - 4:00pm MST | \$85

The Heroine's Mystical Journey is the process of descending into the heart to meet truth and wisdom, and then to integrate and embody them.

This workshop offers the opportunity to connect into your inner landscape and access our subtle or energy body to learn more about the whole of your system. You are a fascinating, intricate, nuanced tapestry of light waiting to be activated and embodied in this life. And as we spiral through the chakras clearing and activating you will gain the confidence to shine as you into the world.

We will engage in journey work, breath work, chakra energy practices, movement, drawing, and writing for a fully immersive experience. The Heroine's Mystical Journey is not the feminine enacting the Hero's Journey. Both journeys are valid and needed by all. This workshop is open to all who wish to connect deeper to the feminine power and inner landscape.

What to Bring: Journal or notebook, water bottle, a personal item to represent your intention or your journey, a snack (we will also break for lunch), colored pencils/artistic supplies (there will be some to share). Dress comfortably.

Prerequisites: None



Hypnosomatic Yoga

with *Teddi Rachlin, Hypnotherapist & Life Coach*

July 21 @ 10:00am - 12:00pm MST | \$35

Are you trying hard to not feel? It isn't only your physical aches and pains that you may want to turn off but your emotional ones as well. Use this session to explore what it is you are trying hard not to feel and learn specific tools that can empower you to release blocks from your body and integrate feeling back into your life.

Trauma can have a detrimental effect on your physical and emotional well-being. However, the effect that "little traumas" like rejection, abandonment, insult, disappointment, etc. have on our well-being is often downplayed. Every thought and emotion leaves an impression on your body, mind, and energy.

In this workshop, you will have the opportunity to recognize where you've been unconsciously, but consistently, limiting yourself from living the life of your choice. You will learn to release emotional tension from your body as well as physical tension from your mind through interactive lecture, gentle yoga, and guided imagery!

Prerequisites: None



Introduction To Tension & Trauma Release

Exercises: TRE®

with *Travis Rumsey, CNSF, TRE® Provider*

June 15 @ 10:00am - 12:00pm MST | \$35

July 20 @ 1:00pm - 3:00pm MST | \$35

August 17 @ 10:00am - 12:00pm MST | \$35

September 14 @ 1:00pm - 3:00pm MST | \$35

November 23 @ 10:00am - 12:00pm MST | \$35

This class will introduce you to the Tension and Trauma Release Exercises (TRE®) developed by Dr. David Berceli. TRE® helps to release deeply held tension and trauma held in the body. Once learned, the exercises can be done anywhere, at any time to relieve stress and tension.

Benefits often include better sleep, better resiliency, better relationships, and a better life overall. The exercises are highly customizable. People with limited mobility are able to practice TRE®.

Please wear loose comfortable clothing. Please bring a favorite yoga mat, if you have one. Mats will be provided as well.

For questions of more info, please contact Travis at travis@neurosculptinginstitute.com

Prerequisites: None



JourneyDance

with Cyndi Morris, CNSF

August 11 @ 10:00am - 12:00pm MST | \$35

Get out of your mind and back into your body! This is the “Journey” in JourneyDance.

Come “home” to your body and find freedom to self-express; create ritual to embody earth and the cosmic energy. Dance with your primal self, harness your power, and explore your sensuality. Release emotion and receive the gift of flowing in harmony with your life.

This is a transformational dance form that combines freestyle and structured movement inviting you to experience yourself as pure powerful energy. JourneyDance is not about learning steps, it’s about revealing, recovering, and re-discovering your natural intuitive movement.

Prerequisites: None (No dance experience? No problem, it isn’t required!)



Mala Making Workshop With Intention Setting & Neurosculpting® Meditation

with Tamme Buckner, CNSF

November 9 @ 2:00pm - 5:00pm MST | \$65

(PRE-REGISTRATION REQUIRED by November 1, 2019)

All supplies included.

Join us for an inspiring and creative afternoon of mala making and meditation. As we create our very own malas. Tamme will be sharing about Neurosculpting® - a meditation modality that combines neuroscience principles with mindfulness and energetic techniques.

We will be using these techniques to infuse our beads with our intentions and energy as we create them. Your hand-made malas will forever be reminders of the intentions you set and will serve as daily catalysts for LIVING those intentions. Not to miss!

Prerequisites: None, but pre-registration is required.



Navigating Change For Entrepreneurs

with Mariah Ehlert, CNSF

June 22 @ 10:00am - 12:00pm MST | \$35

October 26 @ 10:00am - 12:00pm MST | \$35

As entrepreneurs, we are faced with constant change and uncertainty as our businesses grow, adjust, adapt to our visions. Typically, even our vision changes as we evolve. This can bring up fear or stress around this uncertainty. We've taken a big leap and where will we land?

Change is the only constant, and for most of us change - even change we want in our lives - is stressful. Our basic sense of safety relies on our ability to predict our future outcomes, but when our predictions are challenged by change, the brain easily and quickly resorts to stress and fear.

Join us in this introductory class where you'll learn about this dynamic and experience two guided Neurosculpting® meditations in which you'll rewrite your own relationship to change and uncertainty.

Prerequisites: None



Neurosculpting® For Navigating Stressful Change

with a Certified Neurosculpting® Facilitator (CNSF)

August 10 @ 1:00pm - 3:00pm MST | Cyndi Morris | \$35

August 29 @ 6:30pm - 8:30pm MST | Lisa Artz | \$35

September 19 @ 6:30pm - 8:30pm MST | Lisa Artz | \$35

October 10 @ 6:30pm - 8:30pm MST | Lisa Artz | \$35

October 27 @ 12:00pm - 2:00pm MST | Danielle Rachlin | \$35

November 13 @ 6:30pm - 8:30pm MST | Lisa Artz | \$35

Change is the only constant. Yet even positive change is typically stressful! Our basic sense of safety relies on our ability to predict our future, but when our predictions are challenged by change, the brain easily and quickly resorts to stress and fear.

Join us in this introductory class where you'll learn about this dynamic and go on two guided Neurosculpting® meditations in which you'll rewrite your own relationship to desired or undesired change and uncertainty.

You'll get hands-on experience in the Neurosculpting® modality of meditation and brain entrainment, and daily exercises to take this transformational practice into your everyday life.

Prerequisites: None



Neurosculpting® For Effective Communication

with Danielle Rachlin, CNSF

September 15 @ 12:00pm - 2:00pm MST | \$35

Whether in social settings, relationships, work environments, or with family we are social animals, we thrive on human contact and have an evolutionary need to be around others forming social groups outside of our own families. But when our place in a valued social group faces threats, real or imagined, the effects on us can be devastating.

Studies have shown that threats to our social status – our sense of authority, our belief that we are being treated fairly, our feelings of being included - rank equal to threats to our physical safety in terms of anxiety and stress. And that's because our limbic system, the seat of our fight-or-flight reactions, makes no distinction between the two.

Join us in this introductory class where you'll learn the many ways our sense of belonging and social status can feel threatened. We will go on two guided Neurosculpting® meditations in which you'll rewrite your relation to the social world.

You'll get hands-on experience in the Neurosculpting® modality of meditation and brain entrainment. You'll learn daily exercises to take this transformational practice into your everyday life.

Prerequisites: None



Neurosculpting® For Health And Immunity

with a Certified Neurosculpting® Facilitator (CNSF)

July 7 @ 12:00pm - 2:00pm MST | Danielle Rachlin | \$35

December 9 @ 7:00pm - 9:00pm MST | Joy Menet | \$35

This introductory course offers us access to our own internal health to a cellular level through the study of epigenetics.

We have all been told that our genetic destinies have long since been written in stone and that we are powerless to change them. But epigenetics offers us science-based hope that we have a say in the function of our own genes. In this class, we will explore our inner anatomical landscape and our influence over our health at a microscopic level.

You'll get hands-on experience in the Neurosculpting® modality of meditation and brain entrainment, and you'll learn some daily exercises to take this transformational practice into your everyday life.

Prerequisites: None



Neurosculpting® For Motivation & Goal Setting

with a Certified Neurosculpting® Facilitator (CNSF)

December 15 @ 12:00pm - 2:00pm MST | [Danielle Rachlin](#) | \$35

December 8 @ 10:00am - 12:00pm MST | [Cyndi Morris](#) | \$35

Do you ever wonder why it feels like we sometimes get in our own way when we're trying to accomplish something? Or why trying to work toward our goals can sometimes lead to a sense of dread, hopelessness, or make you come to a complete standstill?

In this introductory class, we will explore why it can feel like we are fighting against ourselves to make progress. We will learn some ways to essentially outsmart our self-sabotaging natures. We will dive deep into why we have the personal goals that we do and learn how to keep progress from being an uphill battle.

In this class we practice meditations to learn about our ultimate goals and how to give ourselves the mental access to achieve them. You'll get hands-on experience in the Neurosculpting® modality of meditation and brain entrainment and you'll learn some daily exercises to take this transformational practice into your everyday life.

Prerequisites: None



Neurosculpting® To Navigate Work-Life Balance

with Emily Geisler, CNSF

August 3 @ 12:00pm - 3:00pm MST | \$45

Work-Life Balance can be a tricky thing these days. With high bills, high performance demand for careers and jobs, as well as the demands which come with having a successful family and social life oftentimes leaves a person stretched thin and with little time for themselves and the ones they love. Resulting in guilt, stress, and stress not only on ourselves but on the relationships with those that are closest to us.

Explore the importance of defining, for yourself, a healthy work-life balance. Including, the importance of time for self-care, those you love, and following your career.

Participants will learn about the 5-step Neurosculpting® Process and get hands on experience in applying it so that we maximize our full potential in our own life as well as the lives of those that we love and care about.

Prerequisites: None



Neurosculpting® For A New Body Image

with a Certified Neurosculpting® Facilitator (CNSF)

August 25 @ 12:00pm - 2:00pm MST | [Danielle Rachlin](#) | \$35

August 26 @ 7:00pm - 9:00pm MST | [Joy Menet](#) | \$35

If you've ever heard yourself think or say negative things about your body or how you look, then you might be interested in knowing what those thoughts are doing to your body.

If you've ever found yourself comparing your realistic face or body to people you've seen in photo shopped images or in your life, then you'll want to know how each of those comparison moments stamps itself into your mind as reality initiating a cascade of potentially life-long negativity that can spiral all on its own.

Join us in this amazingly liberating class where you'll learn how to reprogram those negative thought cycles and bring balance, grace, and beauty back to yourself!

You'll get hands-on experience in the Neurosculpting® modality of meditation and brain entrainment and you'll learn some daily exercises to take this transformational practice into your everyday life.

Prerequisites: None



Neurosculpting® For A New Relationship To Money & Abundance

with Danielle Rachlin, CNSF

November 10 @ 12:00pm - 2:00pm MST | \$35

Money is far more than currency. For most of us, money represents freedom, choice, power, comfort, and status. We use words like "worth" and "value" when discussing money- words that can easily come to represent beliefs we hold about ourselves in its context. We have an intimate, energetic, and psychological relationship with money – our own money paradigm. But like any relationship, our involvement with money can become dysfunctional and codependent. Money must serve what is most important in our own lives, but our lives should not serve money.

Join us in this introductory class where you'll explore your own energetic relationship to money and abundance and how you can shift it to better serve your life. We will go on two guided Neurosculpting® meditations in which you'll rewrite your own abundance paradigm. You'll get hands-on experience in the Neurosculpting® modality of meditation and brain entrainment and you'll learn some daily exercises to take this transformational practice into your everyday life.

Prerequisites: None



Neurosculpting® For Pet Loss

with Andrea Floyd, CNSF

June 19 @ 7:00pm - 9:00pm MST | \$35

September 28 @ 10:00am - 12:00pm MST | \$35

The death of a beloved animal companion can shake our world and leave us in deep grief. It can be tricky to navigate this grief, especially if you feel that this loss is not as “real” as the loss of a human. This loss is very real, and for some can be the most devastating loss you have ever faced.

This two-hour course will explore how our brains process grief. You will go on two guided meditations that will allow you to examine your grief, how it resides in your body and brain, and then renegotiate how you interact with this grief.

This course will give you the tools to allow your grief for your animal companion to follow the course that’s right for you, without overwhelming you.

Prerequisites: None



Neurosculpting® Our Social World

with a Certified Neurosculpting® Facilitator (CNSF)

September 12 @ 6:30pm - 8:30pm MST | Lisa Artz, CNSF | \$35

October 3 @ 6:30pm - 8:30pm MST | Lisa Artz, CNSF | \$35

October 21 @ 7:00pm - 9:00pm MST | Joy Menet, CNSF | \$35

November 6 @ 6:30pm - 8:30pm MST | Lisa Artz, CNSF | \$35

We are social animals. We thrive on human contact and have an evolutionary need to be around others, forming social groups outside of our own families. But when our place in a valued social group faces threats – real or imagined – the effects on us can be devastating.

Studies have shown that threats to our social status – our sense of authority, our belief that we are being treated fairly, our feelings of being included – rank equal to threats to our physical safety in terms of anxiety and stress. And that’s because our limbic system, the seat of our fight-or-flight reactions, draws no distinction between the two.

Join us in this introductory class where you’ll learn the many ways our sense of belonging and social status can feel threatened. We will go on two guided Neurosculpting® meditations in which you’ll rewrite your relation to the social world.

Prerequisites: None



Neurosculpting® Out Of A Personal Rut

with Emily Geisler, CNSF

October 26 @ 2:00pm - 5:00pm MST | \$45 

Feeling like you are spinning your wheels faster than ever these days, only to be going nowhere just as quickly?

Join us for this afternoon Neurosculpting® workshop focused around how to get unstuck from personal ruts in life. Often in life we reach places where we feel as though we are stuck or treading water.

Not making progress or pursuing meaningful goals or relationships, or unable to find the motivation within ourselves to do what it takes so that we can fulfill our personal goals and have internal happiness we often feel stuck. Sabotaged by health and our own thought patterns we begin to spin our wheels and it can be difficult to navigate out of such places.

This workshop will tackle head on the fears and challenges that these ruts present to us in our lives and give you tools via the Neurosculpting® process to help you navigate through these troubled waters to smoother sailing in your life. Learn how to rewire your brain for positive, motivated and productive thoughts and actions in your life and get out of your rut today.

Prerequisites: None



Neurosculpting® Through Duality

with Cyndi Morris, CNSF

July 21 @ 1:00pm - 3:00pm MST | \$35

Have you ever found yourself locked up and unable to move ahead with life plans? Or maybe you have found yourself frozen and unable to act, even on important issues in your life? Perhaps you have deeply-held beliefs on a topic, but often find yourself acting contrary to those beliefs? These are all signs that you may be living in a dualistic mind.

Duality can be expressed as a state when the mind is paralyzed because it simultaneously holds opposing or competing beliefs. Often the opposing beliefs are split between our conscious and subconscious.

In this class you will learn tools to help you navigate the difficulties that dual mindedness can create for you.

Prerequisites: None



Neurosculpting® Through The Holidays

with Emily Geisler, CNSF

November 29 @ 1:00pm - 4:00pm MST | \$45 

Often during the holidays we are expected to be cheerful, happy, and feeling full of joy and giving. But the holiday season often brings with it feeling of sadness as memories of lost ones arise. Being stressed out and overwhelmed with to-do lists becomes the norm. We may even have thoughts of inadequacy, financial stress, or tense interactions with family.

Take some time this holiday season to navigate and neurosculpt your way to a holiday that is peaceful and joyful for YOU!

Please join us for this in-depth afternoon which will cover one hour of brain talk about the importance of slowing down and taking time for you during the holidays, as well as incorporate discussion around David Rock's SCARF Model® of social interaction to help us better understand relationship dynamics and help have more fulfilling and positive interactions with those around us this holiday season and the rest of the year too!

Prerequisites: None



Neurosculpting® Through Life

with Kelley Seriano, CNSF

July 27 @ 2:00pm - 4:00pm MST | \$35

November 17 @ 2:00pm - 4:00pm MST | \$35

In this class, we cover the complete dynamics that arise in any relationship. We will dive deep into the David Rock SCARF Model® of social interaction while integrating meditation to help rewrite old stories and wire more serving and empowering thoughts in our mind. This helps you renegotiate relationships at work, socially, and in your romantic life.

Prerequisites: None



Neurosculpting® To Deal With Fear

with a Certified Neurosculpting® Facilitator (CNSF)

June 8 @ 10:00am - 12:00pm MST | *Cyndi Morris* | \$35

September 8 @ 10:00am - 12:00pm MST | *Cyndi Morris* | \$35

September 23 @ 7:00pm - 9:00pm MST | *Joy Menet, CNSF* | \$35

Fear is an important part of our evolutionary makeup, and when we experience fear in appropriate amounts and at appropriate times, it acts as our early-warning system, keeping us safe. However, fear is also our greatest limiting factor often keeping us from experiencing the full richness of life.

Our brains are wired to build patterns - casting new experiences in the light of the old. The older the fears are that we are holding onto the more likely we are to view future experiences as fearful, further limiting ourselves. Knowing this no one has to remain a slave to fear.

Join us in this introductory class where you'll learn about how fears are created and stored and more importantly how they can be broken. We will go on two guided Neurosculpting® meditations in which you'll rewrite your own relationship to fear.

Prerequisites: None



Past Life Regression

with *Teddi Rachlin, Hypnotherapist & Life Coach*

June 23 @ 10:00am - 12:00pm MST | \$35

Using hypnotic techniques, you will explore your deep unconscious for symbols and stories from your past lives.

You will be amazed at what treasures you find! Many of these treasures may help you understand some of your present motivations and defense mechanisms.

Whether or not you believe in reincarnation, this workshop will bring out unconscious images that will help heal physical, emotional, and spiritual wounds that you experience in this lifetime - and IT IS FUN!

Prerequisites: None



Radiant Embodiment & Breath Work

with Elisha Halpin, CNSF

November 3 @ 10:00am - 12:00pm MST | \$35

Radiant Embodiment and Breath Work facilitates the processing of emotions, energy, and even thought patterns to create greater resilience, provide clearings, expansion, releasing, and activating.

This somatic workshop facilitates a process of connecting the mind, body, and emotions by leading you to the locked energy and into opening and flowing. The focus is to meet the numbness and free ourselves from the fear of being present to our feelings and energy.

We will move, feel, breath, and open up our deeper radiance.

Prerequisites: None



Sound Meditation

with Travis Rumsey, CNSF

July 6 @ 7:30pm - 9:00pm MST | \$20

October 12 @ 7:30pm - 9:00pm MST | \$20

December 14 @ 7:30pm - 9:00pm MST | \$20

(PRE-REGISTRATION REQUIRED - at least 1-day prior to class)
Limited to 15 participants

Sound can be helpful to us on many levels. Sound has been scientifically shown to calm a busy mind and relax a tense body. Through resonance, sound can also shine a light on the contractions and protective patterns we hold in our bodies and minds. Awareness of these hindrances is the 1st step to releasing them.

Through the use of quartz crystal bowls, ancient Tibetan singing bowls, wind and earth gongs, and other sound healing instruments, you'll interact with the deepest parts of yourself, gaining wisdom and insight.

This isn't just a typical zoned-out sound healing concert. Your creative mind will be kept engaged as you're gently guided through Neurosculpting® meditations. These meditations are designed to help you release your contractions as well as entrain your mind to new ways of being.

Prerequisites: None, but pre-registration is required.



TRE® DEEP

with Travis Rumsey, CNSF, TRE® Provider

June 15 @ 1:00pm - 3:00pm MST | \$35

July 20 15 @ 3:30pm - 5:30pm MST | \$35

August 17 @ 1:00pm - 3:00pm MST | \$35

September 14 @ 3:30pm - 5:30pm MST | \$35

November 23 @ 1:00pm - 3:00pm MST | \$35

Ready to take your TRE® practice deeper?

This practice session is a great opportunity to get support in enhancing your neurogenic tremoring experience.

Using props, self-intervention, personalized suggestions from Travis, as well as the support of group energy, this is the perfect setting to evolve your TRE® experience.

Prerequisites: A 3-week or 5-week intro series to TRE® through the Neurosculpting® Institute.



Turning The Nervous System To Joy & Compassion

with Cyndi Morris, CNSF

November 10 @ 3:00pm - 5:00pm MST | \$35

In this introductory class you'll discover the neurobiological mechanisms behind your most profound moments of joy and compassion.

Begin to understand how we have physiological influence over this process in each and every moment. Learn ways to influence patterns and behaviors to bring in more compassion to areas of your life that seem to be lacking.

You'll create an awareness and navigation system for cultivating more joy.

Prerequisites: None

2-DAY WORKSHOPS



The Bilingual Brain: From Bilingual To Bicultural

with Joy Menet, CNSF

June 10, 17 @ 7:00pm - 9:00pm MST | \$70 

Have you ever wondered how being bilingual or multilingual affects your brain?

It is true that if you speak more than one language, your brain works differently than someone who is monolingual. Differently; not necessarily better. Furthermore, there is an important distinction to be made between being bilingual and being bicultural.

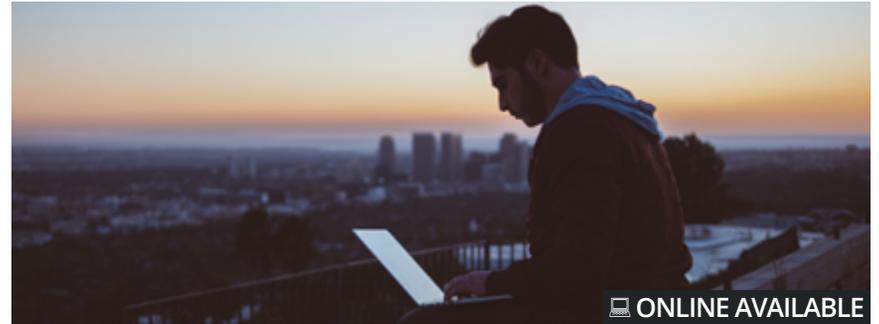
In this class, we will discuss and discover how these two concepts influence each other in our lives. During our exploration, we will identify the main factors that affect bilingualism and understand how they play a role in the way our brain functions.

We will use the Neurosculpting® process to raise self-confidence in our ability to code-switch and use our languages fluidly and effectively, whether you have a non-native accent or not.

Finally, we will explore how being bi/multicultural is a great asset to our everyday lives and create a practice that we can share with our loved ones.

Prerequisites: None

3 - WEEK SERIES



Discovering Your Inner Entrepreneur

3-Week Series with Founder, Lisa Wimberger

June 11, 18, and 25 @ 7:00pm - 8:30pm MST | \$109 - \$139 

Are you feeling called to create something in the world?

Whether you have a small sense of what that might be, or a more detailed version, your inner driving behaviors may get in the way of something brand new. In this series we'll apply brain-based processes and the Neurosculpting® 5-step modality to help identify and shift out of old patterns. You'll learn how to:

- Identify ideas that align with your energy and talents and position your nervous system to cultivate supporting behaviors.
- Use the 5-step Neurosculpting® process to identify and adapt patterns of sabotage, limitations, and self-doubt
- Create a brain-based tool kit for cognitive improvement, creative development, big picture thinking, and self-motivation

This series meets for three Tuesdays from 7 – 8:30pm MST. This course is available for video attendance as well as an option to own the audio download of each session.

Prerequisites: None



ONLINE AVAILABLE

Neurosculpting® For Chronic Pain

3-Week Series with Founder, Lisa Wimberger

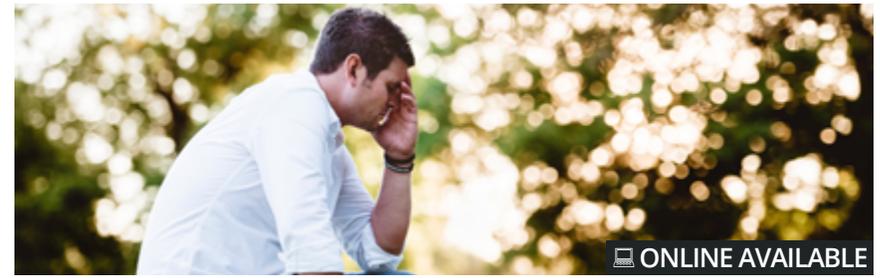
August 6, 13, and 20 @ 7:00pm - 8:30pm MST | \$109 – \$139

Many of us have a lifetime of dealing with chronic pain. This can exhaust the nervous system and predispose it to more pain and inflammation. One thing we know from science is that any time we learn to manage levels of inflammation and stress, we can support the body's natural healing process. Many of our chronic pain clients use the Neurosculpting® techniques presented in this series to support their own pain management regimen. You'll learn how to:

- Identify the emotional components of inflammation based on chronic pain patterns and discover how they directly link to your specific situation.
- Use the 5-step Neurosculpting® process to target inflammatory thoughts and responses and begin the down-regulation process.
- Create a tool kit and daily support protocol for ongoing inflammation.

This series meets for three Tuesdays from 7 – 8:30pm MST. This course is available for video attendance as well as an option to own the audio download of each session.

Prerequisites: None



ONLINE AVAILABLE

Dealing With & Healing From Shame

3-Week Series with Founder, Lisa Wimberger

September 3, 10, and 17 @ 7:00pm - 8:30pm MST | \$109 – \$139

Whether your shame comes from family, events, or culture one thing we know from science is that the trauma is more about the ongoing relationship we have to those things even if they are in our distant past. So what would it be like to finally shed the layers of the past that keep inflaming your own sense of shame? What would it be like if you could take your next steps with self-assurance, self-worth, and self-pride? The Neurosculpting® 5-step process helps you strategically target the way shame anchors into your nervous system and gives you a method for gentle and lasting change. You'll learn how to:

- Identify the way your own personal shame is anchored into your nervous system.
- Learn the 5-step Neurosculpting® process and use it to begin to change the way your history affects your mind and body.
- Create a tool kit and daily plan for pattern adaptation and greater sense of self-worth.

This series meets for three Tuesdays from 7 – 8:30pm MST. This course is available for video attendance as well as an option to own the audio download of each session.

Prerequisites: None



Manifesting Your Life's Goals

3-Week Series with Founder, Lisa Wimberger

October 8, 15, and 22 @ 7:00pm - 8:30pm MST | \$109 – \$139 

Do you ever find yourself repeating the same old patterns that seem to sabotage or get in the way of your goals? Would you like to understand more about these patterns and learn to reprogram them?

In this 3-week series you will:

- Learn to identify the patterns that undermine your progress in achieving your goals
- Learn the art of clear goal-setting and the behind the scenes neurobiology of manifestation and receptivity
- Practice the trademarked 5-step Neurosculpting® meditation to approach motivation
- Develop a practice to stimulate your own skills of self-directed discipline and motivation.

Prerequisites: None



5 - WEEK SERIES



Finding Resiliency With TRE®

3-Week Series with Travis Rumsey, CNSF, TRE® Provider

July 2, 9, 16, 23, and 30 @ 7:00pm - 8:30pm MST | \$109

Oct. 17, 24, Nov. 7, 14, and 21 @ 7:00pm - 8:30pm MST | \$109

TRE® booklet included in class fee (\$10 value).

Stress is inevitable for all of us – especially these days! Many of us have developed the coping habit of bracing against the stressors in our lives. It's human nature. Bracing against stress on a regular basis can easily develop into chronic tension.

This chronic tension drains our energy, leaving us tired, defensive, and unmotivated. Being stressed-out negatively affects our relationships, our jobs, and the enjoyment of our lives. However, it's easier than you might think to shed this tension and return to an energized, peaceful, and balanced way of being.

TRE® (Tension & Trauma Release Exercises) is a simple and profound practice of deep tension relief that you can use any time – and anywhere – to shed accumulated stress. It's very likely that by the end of the series, you'll be sleeping better, feeling more connected, and enjoying life more than you have in a long time.

In this series of 3 classes, you'll be taught how to release pent-up tension and return to a calm, centered state at will.

Class 1 will introduce you to the practice. Classes 2 through 5 will strengthen your ability to unwind stressful patterns, as well as explore ways to enhance your TRE® practice.

There will be time for journaling and discussion during each session.

Each session will end with an easy guided meditation to help solidify gains made during the evening.

TRE® is an excellent support for your Neurosculpting® practice. Stress and negative stories that we hold in our mind can also be held in the body. As we release the thought patterns that no longer serve us through our Neurosculpting® practice, it's beneficial to help the body let go of the physical manifestations of those outdated thought patterns. The two practices complement each other beautifully. Practicing them together can turbo-charge your personal growth.

Please plan on arriving to class 5 minutes early to get settled. We will start on time. Please wear loose, layered clothing that you can move in and be as comfortable as possible. Bring a water bottle and snack, as well as a journal in case you'd like to keep notes. If you have a favorite yoga mat, feel free to bring it. We will have yoga mats on hand, as well.

Prerequisites: None

PLEASE NOTE: If you have physical limitations, struggle with self-regulation, or are aware that you have significant unresolved traumas, please contact Travis before signing up for this class to discuss your particular situation. He can be reached at travis@neurosculptinginstitute.com.

CLASES EN ESPAÑOL



Liderazgo Cotidiano

con Joy Menet, CNSF

Agosto 5 & 12 @ 7:00pm - 9:00pm MST | \$70 

Primero, empezamos al identificar donde se requiere la implementación de las cualidades de liderazgo en la vida cotidiana. Luego, aprendemos a navegar los desencadenantes sociales que provocan una respuesta a amenaza según el modelo SCARF[®] de David Rock. Esta clase tiene la meta de cumplir con los siguientes propósitos:

- Identificar las funciones del cerebro social
- Conocer las implicaciones energéticas y neurológicas del estatus, la certeza, la autonomía, la relación y la equidad
- Descubrir maneras para mitigar las amenazas sociales
- Explorar formas en las que una persona puede ser un catalizador para la gracia social

Requisito Previo: No hay experiencia necesaria.



Neurosculpting® Para Una Nueva Imagen Corporal

con Joy Menet, CNSF

Septiembre 9 @ 7:00pm - 9:00pm MST | \$35 

Si alguna vez has pensado o dicho cosas negativas sobre tu cuerpo y apariencia, es posible que te interese saber qué están haciendo esos pensamientos en tu cuerpo. Si alguna vez te has encontrado comparando tu cara imperfecta con esas caras maquilladas y transformadas en las revistas, entonces querrás saber cómo cada uno de esos momentos de comparación se quedan grabados en tu mente como si fuera la realidad.... iniciando una cascada de negatividad que se puede intensificar por sí sola.

Únase a nosotros en una clase increíblemente liberadora donde aprenderá cómo reprogramar esos ciclos de pensamiento negativos para traer el equilibrio, la gracia y la belleza de nuevo a sí mismo. No se necesita experiencia.

Requisito Previo: No hay experiencia necesaria.



Neurosculpting® Para La Salud E Inmunidad

con Joy Menet, CNSF

Diciembre 16 @ 7:00pm - 9:00pm MST | \$35 

Are you feeling called to create something in the world? Whether- La ciencia de la epigenética está ofreciendo a la humanidad una oportunidad que habría parecido como si fuera ciencia ficción hace poco tiempo; la oportunidad de tener una entrada directa y control consciente sobre cómo nuestros genes pueden expresar la salud o la enfermedad.

Todos nos han dicho que nuestros destinos genéticos han sido predeterminados desde hace mucho tiempo y que no se pueden cambiar nunca. Sin embargo la epigenética nos ofrece la esperanza basada en la ciencia de que tenemos el poder de cambiar la función de nuestros propios genes.

Neurosculpting® para la Salud e Inmunidad le ofrece dos poderosas meditaciones guiadas para comenzar el camino a la libertad genética.

Requisito Previo: No hay experiencia necesaria.



Neurosculpting® Para El Miedo

con Joy Menet, CNSF

Octubre 7 @ 7:00pm - 9:00pm MST | \$35 

El miedo es una parte importante de nuestra evolución humana y cuando lo experimentamos en momentos apropiados, funciona como un sistema de alerta temprana manteniéndonos a salvo.

Sin embargo, el miedo también es nuestro mayor factor limitante, lo cual nos detiene a menudo de vivir toda la riqueza de la vida. Nuestros cerebros son programados para construir patrones, grabando nuevas experiencias de la misma manera en que estos patrones fueron creados en un principio.

Mientras más miedos tengamos, más probabilidades tenemos de ver las experiencias futuras como temerosas, limitándonos más aún. Sabiendo esto, nadie tiene que seguir siendo un esclavo del miedo. Únase a nosotros en esta clase para aprender cómo se crean y almacenan los temores y cómo los podemos deshacer. Haremos dos meditaciones guiadas de Neurosculpting® en las que formarán otra versión propia de su relación con el temor.

Requisito Previo: No hay experiencia necesaria.



Neurosculpting® Para El Mundo Social

con Joy Menet, CNSF

Noviembre 4, 2019 @ 7:00pm - 9:00pm MST | \$35

Somos animales sociales. Nos desarrollamos mejor con el contacto humano y tenemos una necesidad de estar con los demás, formando grupos sociales fuera de nuestras propias familias. Sin embargo cuando nuestro lugar en un grupo social es amenazado – de una manera real o imaginada – los efectos pueden ser trágicos. Los estudios han demostrado que las amenazas a nuestro estatus social – nuestro sentido de autoridad, nuestra creencia de que estamos siendo tratados con justicia, nuestros sentimientos de ser incluidos – son iguales a las amenazas a nuestra seguridad física en términos de ansiedad y estrés.

Es por eso que nuestro sistema límbico, también conocido con el sistema de lucha o huida, no distingue entre los dos. Únase a nosotros en esta clase introductoria donde aprenderá las varias maneras en que nuestro sentido de pertenencia y estatus social pueden sentirse amenazados. Haremos dos meditaciones guiadas de Neurosculpting® en las que reescribirán su relación con el mundo social.

Requisito Previo: No se necesita experiencia.

IMMERSIONS



Transforming In The Land Of Enchantment: Mind, Body, Spirit Healing Through Neurosculpting®

*with Founder, Lisa Wimberger, Travis Rumsey, CNSF & TRE®
Provider, and Una Viggiani*

September 21 - 27, 2019 (Limited to 15 participants)
For more info and to reserve your spot visit BellaRetreats.com

Our mental and emotional patterns get in the way of living life to the fullest. Imagine what could change if you spent a week unlocking the mind-body secrets of these patterns. What would be possible if you hacked the code of even your most subconscious negative patterns, creating a targeted practice to move past stress and old habits?

Retreat includes:

- 6 nights accommodation at Synergia Ranch
- 3 organic, fresh vegetarian meals per day
- Neurosculpting® training with Lisa Wimberger
- Brain-based practices in neuroplasticity
- Mind-body integration through yoga
- "Art from the Heart" with Una Viggiani
- Nutritional map for daily life
- Sound healing concerts
- Tremor Release Exercise (TRE®) training



Neurosculpting® Tier 1 Facilitator Certification

with Founder, Lisa Wimberger and other Special Guest Trainers

October 5 and 6, 12 and 13, 19 and 20: plus three practicum days from the following dates of October 26, October 28, November 2, November 4, November 9, or November 11 

YOU MUST ATTEND ALL SIX SESSIONS

*For pricing and payment plans, please send an email to:

info@neurosculptinginstitute.com

Your Investment Includes:

- Classroom sessions
- Pre-recorded video education segments
- Course materials
- Professional mentorship
- Monthly live best practice calls for the life of your certification
- Listing in our o-line directory for the first calendar year
- Digital startup marketing package and evergreen tools library for the life of your certification
- Mastermind and Networking opportunities with other Certified Neurosculpting® Facilitators

- Business development and training delivery education for the life of your certification
 - Bronze membership discounts
- This immersion is the First Tier Neurosculpting® Facilitator Certification program designed for those interested in teaching the Introductory Neurosculpting® workshops or taking their Neurosculpting® skills to a much deeper level.

Graduates of this program will have a firm handle on how to apply Neurosculpting® in daily life in both their personal and professional circles. Graduates will also be official Franchise Owners and licensed to represent trademarked Neurosculpting® Introductory level materials and tools.

This course is broken into live classroom sessions and 12 hours of educational videos delivered via an on-demand platform.

Prerequisites:

- Five or more introductory courses (in-person or live stream)
- Successful completion of the Neurosculpting® Everyday Warrior Levels 1 & 2
- Completed reading of *New Beliefs, New Brain: Free Yourself from Stress and Fear* - by Lisa Wimberger
- Completed reading Neurosculpting® – *A Whole-Brain Approach to Heal Trauma, Rewrite Limiting Beliefs, and Find Wholeness* - by Lisa Wimberger
- Review the *Neurosculpting® Franchise Disclosure Document* obtained by emailing info@neurosculptinginstitute.com to request your copy

For more information about Neurosculpting® Franchises please visit our website neurosculptinginstitute.com/certifications.

This is a franchise that can change your life and the lives of those you teach!



MEET THE INSTRUCTORS



Lisa Wimberger

Lisa Wimberger is the founder of the Neurosculpting® Institute. She holds a Master's Degree in Education from the University of Stonybrook, NY and a Foundations Certification in NeuroLeadership. She is the author of *"NEW BELIEFS, NEW BRAIN: Free Yourself from Stress and Fear"*.

Lisa is a Neuroplastician running a private healing and psychic practice in Colorado and teaching clients who suffer from stress disorders.

She began her meditation practice at age 12. Hit by lightning at age 15 and clinically dead on multiple occasions, Lisa uses her traumatic experience as a vehicle for transformation.

Lisa studied Ascension training for four years with Ishaya monks. She completed four years of psychic awareness training, applying the tools of the Berkeley Psychic Institute, and is trained in Autogenic Hypnosis. Lisa is the Founder of the Trance Personnel Consulting Group and Ripple Effect, LLC.

Lisa has created and facilitated leadership trainings for executive teams in Fortune 500 companies and the Colorado Department of Health Care and worked individually with international management. She has created and facilitated Emotional Survival programs for Colorado Law Enforcement Agencies and peer counsel groups. Lisa writes for the Elephant Journal and CopsAlive.

Lisa's services are sought on a national level by individuals in law enforcement looking to find a new way to navigate through their stress patterns. Lisa is a public speaker and has addressed audiences ranging from corporate leaders to FBI and Secret Service.



Lisa Artz, CNSF

Certified Neurosculpting® Facilitator

Lisa Artz is a new teacher with the Neurosculpting® Institute but is not new to teaching. She has been teaching business classes for Regis University since 2012.

Lisa is a Colorado native and has studied yoga and meditation for over 10 years and is now combining her professional and personal experiences in a unique way using Neurosculpting®.

Lisa pursues knowledge of human condition and self-discovery, especially after having seen such dramatic results herself. She is in constant awe of unlimited human potential and is extremely motivated to share powerful Neurosculpting® tools that she uses on a daily basis herself. Lisa teaches core Neurosculpting® classes and is available for private consultations.



Mariah Ehlert, CNSF

Certified Neurosculpting® Facilitator

Mariah Ehlert, a certified Neurosculpting® Facilitator, Master Nutrition Therapist, Portrait Photographer, and Rebel. She lives in Denver, Co, travels the planet, is a

perpetual dreamer, and loves to hike with her two silly border collies.

She wants to teach you tools to live with ease, calm your stress response, and be healthier in mind and body. Your dreams are worth manifesting. And for most of us this requires navigating our way through stress, tricky mindset shifts, and entraining a powerful pathway for joy.



Tamme Buckner, CNSF

Certified Neurosculpting® Facilitator

Tamme Buckner is a Certified Vedic Astrologer, Certified Neurosculpting® Facilitator, a 200-hour Certified Yoga Instructor, and Certified Reiki Master.

She possesses many skills to help create and maintain this delicate balance in this often fast paced, stressed, chaotic world we all live in today.

Tamme has always been a seeker and walks this path with a smile guided by her heart. She has been blessed and is beyond grateful to have studied with many incredible teachers along her journey. She is humbled and passionate about the opportunity to share her mission to spread as much love, light, compassion, understanding, and healing energy as possible.



Andrea Floyd, CNSF

Certified Neurosculpting® Facilitator

Andrea Floyd is an Animal Communicator and Certified Neurosculpting® Facilitator. It is her passion to help people work through the pain of losing a beloved pet.

She is the author of the Evvy Award Winning *Conscious Transitions, Finding Comfort Connection and Peace When Your Pet is Dying.*

Andrea became a Certified Neurosculpting® Facilitator after using the modality for many years to work through fears, trauma and grief.



Emily Geisler, CNSF

Certified Neurosculpting® Facilitator

Emily Geisler uses the Neurosculpting® process to educate and guide others to help regain control over their lives. The benefits of Neurosculpting® have pro-

foundly impacted her personally. She is a walking testimony of how Neurosculpting® can transform one's life. With first-hand experience using many traditional western therapies and medical practices for her diagnosis she found that nontraditional therapies and modalities were much more effective in managing her illnesses.

Neurosculpting® transformed her life in a matter of months in ways that doctors had said would probably never happen. Becoming a certified facilitator and sharing this powerful modality with others was the logical next step.



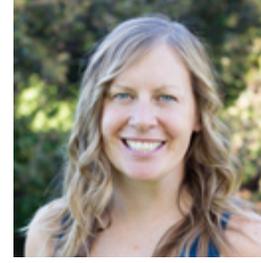
Elisha Halpin, CNSF

Certified Neurosculpting® Facilitator

Elisha Halpin is a teacher who weaves sacred magic and neuroscience together to help women make transformational changes in life. Through the use of tools

such as daily rituals, embodied movement practices, breath work, connecting to divine feminine power, and energy healing, Elisha facilitates women in a rebirthing of their wild, free, and whole Self.

Elisha is a Certified Neurosculpting® Facilitator, Heart Math® Facilitator, Warrior Goddess Facilitator, Dancing Mindfulness Facilitator, Energy Healer, Certified Yoga Instructor, Sacred Life Coach, Celtic Spirituality Facilitator for Women, and holds an MFA in Dance Performance.



Joy Menet, CNSF

Certified Neurosculpting® Facilitator in English & Spanish

Joy Menet couples her work in Neurosculpting® with her practice as a Functional Medicine Certified Health Coach.

She works during the summers as a professional wilderness guide, she lived in Ecuador for 6 years where she worked as Montessori teacher. While teaching an adventure class, she was injured and recognized the difficulty of receiving medical care in a second language. Upon returning to the states, she studied to be a medical interpreter so that she could better serve Spanish speakers in Colorado. Now, she provides Neurosculpting® services in Spanish so that everyone can benefit from this modality of stress management.



Joy Menet, CNSF

Facilitador Certificado de Neurosculpting® en Inglés y Español

Joy descubrió su amor por los idiomas y las culturas durante su tiempo en Guatemala dónde participaba en una deleg-

ación de derechos humanos. En 2007, fue a Ecuador dónde vivió por 6 años. Un día mientras daba una clase de aventura, se lesionó y reconoció lo difícil que es recibir atención médica en el segundo idioma.

Cuando regresó a los EEUU, estudió para ser intérprete médica y empezó a ofrecer clases de Neurosculpting en español para combinar sus pasiones.



Cyndi Morris, CNSF

*Neurosculpting® Yoga Facilitator,
Certified Neurosculpting® Facilitator*

Cyndi Morris has dedicated her practice to creating a safe fun environment for adults, young adults, and children to explore and

embrace a healthy yoga and fitness lifestyle. On her path to sharing fitness with the world, she discovered yoga’s ability to slow the mind and bring awareness.

After experiencing accessible meditation she was able to quiet her own critical mind. Cyndi now incorporates Neurosculpting® into her yoga practice and helps her students learn about the brain and the benefits of movement for optimum brain function.



Danielle Rachlin, CNSF

*Neurosculpting® Yoga Facilitator,
Certified Neurosculpting® Facilitator*

Danielle received her Neurosculpting® Facilitator Certification in 2013. Since then, she has taken an academic approach

to teaching and has brought Neurosculpting® into the world of college campuses with her recurring quarter-long series at Colorado Mesa University. Danielle has also produced an educational ghostwriting collection for the Neurosculpting® Institute during the completion of her Master’s degree in Public Service for Environmental Policy.

Danielle is passionate about introducing these concepts to people that do not necessarily already know they are interested in the subject and in making the information accessible to all kinds of people.



Teddi Rachlin, CCHT

*Registered Psychotherapist, Certified
Clinical Hypnotherapist, & Life Coach*

Teddi Rachlin graduated with Honors from the University of Manchester in the United Kingdom and is a Registered

Psychotherapist. As a Certified Clinical Hypnotherapist and Life Coach with over 15 years of professional experience and a special gift for listening, Teddi has helped over 1,800 clients overcome mental and emotional barriers such as anxiety, depression, procrastination, negativity, and self-sabotage.

With expertise in archetypal theory, personality assessment, neurolinguistic programming, anthropological, and evolutionary psychology, she has a variety of tools and techniques for counseling and teaching how we all can live our happiest lives as our highest selves.



Travis Rumsey, CNSF

*TRE® Provider, Certified Neurosculpting®
Facilitator, & Program Coordinator*

Travis, CNSF loves explaining the science behind Neurosculpting® as well as guiding people to the transforming experience of

creating choice in their life’s direction. In addition to being a Neurosculpting® facilitator, Travis is also a TRE® Trauma & Tension Release Exercises provider.

Travis has a deep first-hand experience of how bringing the body into the Neurosculpting® process through TRE® enhances and amplifies personal growth. He teaches these exercises to new CNSFs as well as to the general public to help them get the most out of their Neurosculpting® experience.



Kelley Seriano, CNSF

Certified Neurosculpting® Facilitator

While managing her 18 year corporate career, through extensive education, commitment and the study of Neurosculpting® with the Neurosculpting® Institute,

Kelley has cultivated even greater balance, authentic joy and has developed solid techniques for stress management.

Certified in yoga instruction and mat Pilates and practicing meditation allows Kelley to live her life fully while always growing to the next level of awareness! One of Kelley's greatest joys is helping other people achieve stronger mental health and balance in their lives and sharing her gift of dedication and insight is how she will guide you in your journey to increased holistic health.



Una Viggiani

Una Viggiani is an artist, yogini, astrologer, world traveler, and inspired instigator. She earned a degree in Fine Art from the University of Colorado at Boulder, and her Masters degree in Education at the

University of Denver, but ultimately learned the most traveling the world on a solo journey that lasted two years and took her to 22 countries.

While in Costa Rica, she discovered the Nosara Yoga Institute, which allowed her to become certified with Yoga Alliance as well as find her new calling as a yoga teacher. She has taught alignment based Vinyasa classes in Denver, as well as on retreats. In 2012, Una founded Bella Retreats, a retreat organizing company, which has led hundreds of participants to distant lands for successful and life-changing retreats.



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