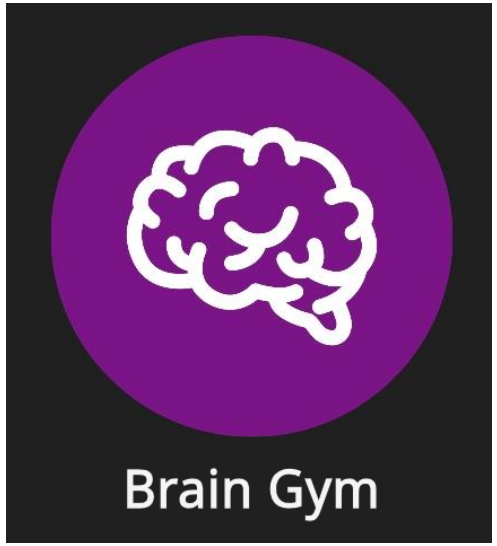
NeuroVIRZ

Brain Gym Collection



Brain Gym Collection:

BRAIN BUILDERS SESSIONS

The Fundamental Building Blocks!

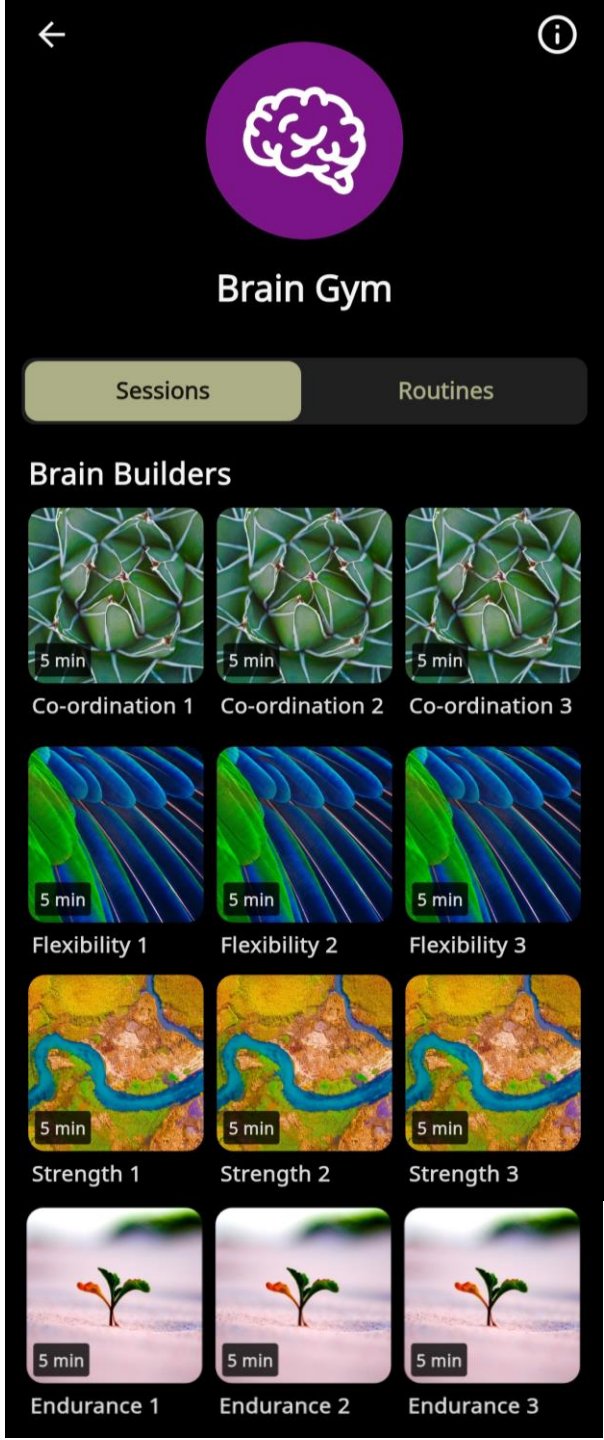
- The Brain Gym comprises Light/Sound experiences meticulously designed to target and enhance specific aspects of healthy brain function.
- **These Brain Exercises serve as the fundamental building blocks for all the more advanced NeuroVIZR sessions**. They hold **great power and form the core of the Brain Gym.**
- **Individuals with lower levels of neuroplastic capacity (brain fitness) - characterized by sluggish brain function, low vitality, advanced age, or post-injury/trauma, can greatly benefit from investing time in the Brain Builder section of NeuroVIZR.**

How to use the sessions:

- Begin with the Introductory - Level 1 session.
- Assess if it feels exceptionally smooth or slightly challenging.
- If it's easy, progress to the Intermediate - Level 2 session with the same objective.
- If that feels easy as well, move on to the Advanced - Level 3 session.

Recommended:

- Engage in one or two of these Brain Builders 4 or 5 times a week is generally sufficient, assuming you are also participating in other NeuroVIZR sessions within the Brain Gym.
- As with most things, find your own personalized plan and rhythm.



More about the - Brain Builders Sessions

COORDINATION

- **Coordination entails adapting to different levels of signal changes.**

ENDURANCE

- **Endurance relates to the rate or speed of change.**

FLEXIBILITY

- **Flexibility refers to the level of complexity in the change.**

STRENGTH

- **Strength represents the level of intensity in signaling.**

To draw an analogy, consider LEARNING A NEW DANCE ROUTINE…

- When taking the next step, would it be a short, medium, or long distance?
- While the dance routine may be manageable when performed slowly, can you also do it at a faster pace?
- Cowboy-style line dancing can be a ton of fun, but certain types of dances require incredibly complex sequences. Are you able to maintain the sequence?
- In life, we encounter a range of choices, from subtle to bold signals, and having the adaptive capacity to process them all is crucial.

Structured Routine: **BASIC DAILY BRAIN EXERCISE**

- You have the option to perform these two sessions consecutively or separately at different times.
- Take a **one-day break after Day 4** and then repeat the cycle.
- In the Brain Gym/Brain Builders sessions, choose the level (1, 2, 3) that feels most comfortable for you.
- Including some Guided Breathing before and/or after the session can enhance the benefits.
- If you opt for 1 minute of Harmony Breathing both before and after the session, the overall routine will take approximately:
  - 5min session;
  - 1min breathing exercises;
  - 11min session;
  - 1min for additional breathing exercises,
  - Total 18 minutes.

DAY 1:

Go to Brain Gym Collection:
Under **Brain Builder** select -
Coordination 1,2 or 3:

Focus Collection
Centred

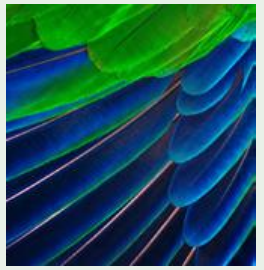
DAY 2:

Go to Brain Gym Collection:
Under **Brain Builder** select -
Endurance 1,2 or 3:

Elevate Collection
Creative Pop

DAY 3:

Go to Brain Gym Collection:
Under **Brain Builder** select –
Flexibility 1,2 or 3:



Regulate Mood Collection
Up Beat

DAY 4:

Go to Brain Gym Collection:
Under **Brain Builder** select –
Strength 1,2 or 3:

Relax Collection
Big Peach

1 RESTING DAY BEFORE STARTING OVER

Structured Routine: **DAILY FORTIFYING A FRAGILE BRAIN**

- To enhance the benefits of your sessions, consider incorporating Guided Breathing exercises before and/or after each session. Guided Breathing can help promote relaxation and maximize the effectiveness of the session.
- Use low level Light Intensity settings.
- **Skip one day or two days then repeat the cycle. This break allows your brain to rest and integrate the effects of the sessions before starting the next cycle.**
- In the Brain Gym/Brain Builders section, it is suggested to begin with Level 1 and gradually progress to higher levels based on your comfort and ability. Choose the level that feels most comfortable for you to ensure a positive and enjoyable experience!

1 RESTING DAY BEFORE STARTING OVER

DAY 1:

EARLY IN DAY

Go to Brain Gym Collection:
Under **Brain Builder** select -
Coordination 1,2 or 3:

Then Go to Brain Entrainment and Select:
Alpha 8 - 12 Hz

MID DAY

Under **Relax** select:
Gentle Moves

DAY 2:

EARLY IN DAY

Go to Brain Gym Collection:
Under **Brain Builder** select -
Endurance 1,2 or 3:

Then Go to Brain Entrainment and Select:
Alpha 8 - 12 Hz

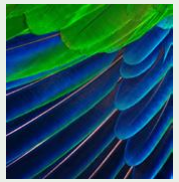
MID DAY

Under **Regulate Mood** select:
Heart Space

DAY 3:

EARLY IN DAY

Go to Brain Gym Collection:
Under **Brain Builder** select –
Flexibility 1,2 or 3:



Then Go to Brain Entrainment and Select:
Alpha 8 - 12 Hz

MID DAY

Under **Regulate Mood** select:
Bye Bye Blues

DAY 4:

EARLY IN DAY

Go to Brain Gym Collection:
Under **Brain Builder** select –
Strength 1,2 or 3:

Then Go to Brain Entrainment and Select:
Alpha 8 - 12 Hz

MID DAY

Under **Relax** select:
Now Just Relax

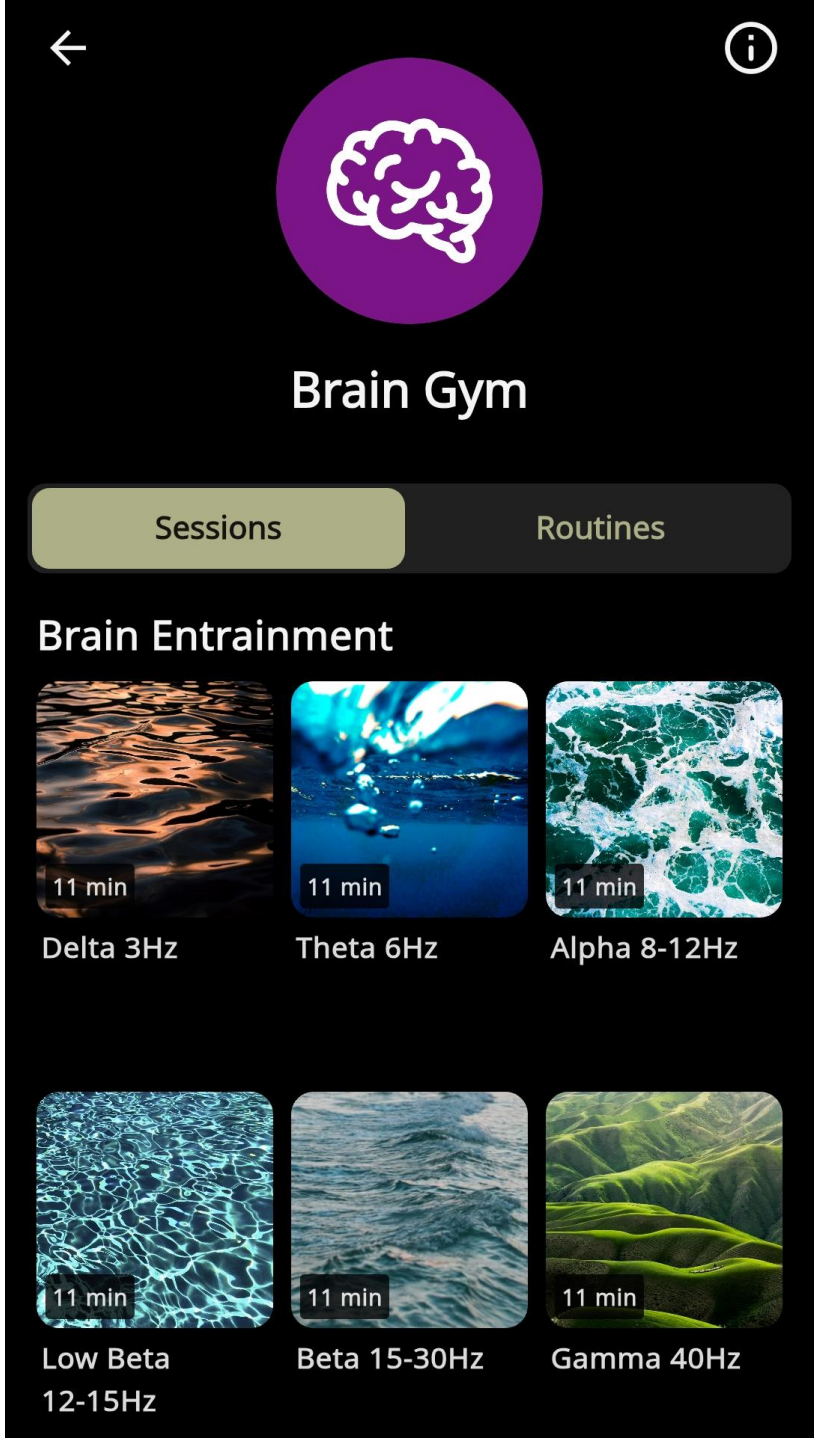
Brain Gym Collection:

BRAIN ENTRAINMENT SESSIONS

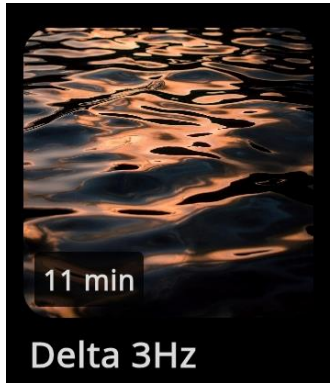
- **Brain Entrainment uses gentle, repetitive signals to help your brain settle and find balance - especially when it's been going through a lot of change.**
- When your brain is working hard to adapt and grow - a process known as neuroplasticity, it can sometimes become overstimulated or overwhelmed.
- Brain Entrainment helps ease that pressure by **calming the brain and guiding it back to a more stable, familiar rhythm**.
- Think of it like a cool-down after an intense workout.
- It helps the brain **recover, stabilize, and reinforce its natural patterns**.
- In that way, it's intentionally **less about rewiring and more about restoring balance -** a kind of "reset" that supports overall mental well-being.

The Brain Entrainment sessions are conveniently organized using the customary coded groupings of brain frequencies. Each frequency band has a central frequency and encompasses the entire range of that band.

- **Delta** promotes a deep down-regulation of activity.
- **Theta** encourages a relaxed and creative state of mind.
- **Alpha** aids in reestablishing fundamental focus with reduced distractions.
- **Beta** supports the restoration of cognitive processing and constructive thinking.
- **Gamma** facilitates the restoration of high-level organisation.



More about the - Brain Entrainment Sessions

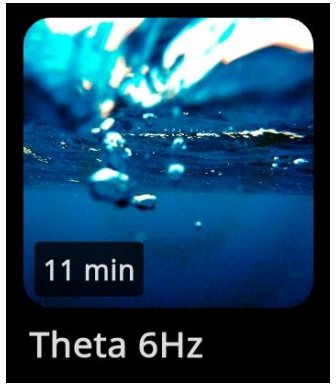


Delta waves are the slowest recorded brain waves in human beings. They are found most often in infants and young children.

Delta waves associated with the deepest levels of relaxation and restorative, healing sleep.

During the delta activity state, the brain and body are in a state of deep relaxation, and the brain is primarily focused on physical healing and regeneration.

This is why deep sleep is so important for overall health and well being.

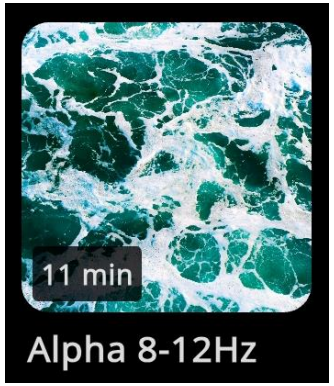


When the brain is producing theta waves, an individual is in a state of deep relaxation enabling the body and mind to experience rejuvenation, growth and healing.

Theta waves facilitate restoration after periods of illness, physical exertion and mental burnout.

Theta waves are seen in connection with creativity, intuition, daydreaming and fantasising and is repository for memories, emotions, sensations.

Theta waves are strong during internal focus, meditation, prayer and spiritual awareness.

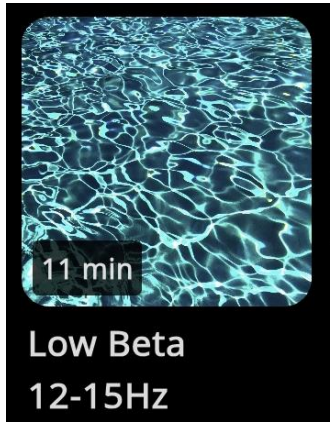


Alpha brain waves usually dominant when **the brain is alert yet relaxed.**

Benefits of this type of brain wave include improved memory and increased intelligence, creativity and alertness.

Alpha waves induce feelings of calm, increase creativity and enhance your ability to absorb new information.

Meditating and practicing mindfulness are some of the most obvious ways to prolong your ability to stay in an alpha state.



Low beta waves lead towards a gentle and easily sustained focus and mental stability, sometimes described as cognitive smoothness.

High beta is often associated with intensity, effortful thinking and evokes stress response and vigilance.

Producing high levels of gamma waves:

- You tend to **be happier and more receptive**.
- **You may also have a higher intelligence quotient or IQ and better concentration**.

Producing low levels of gamma waves:

- **You may develop learning and memory problems.**

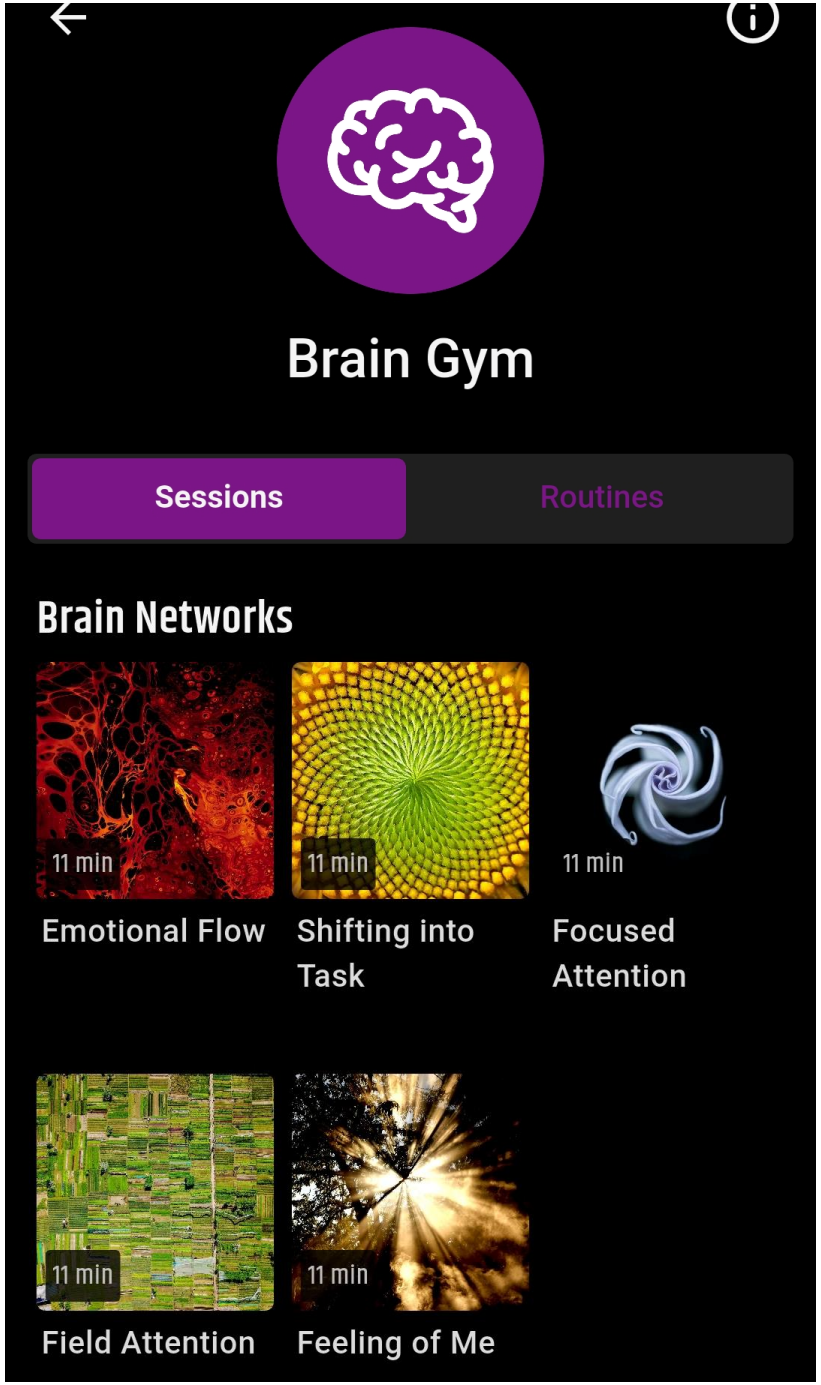
Gamma waves also appear during feelings of profound spiritual alertness, as seen in deep meditation sessions.

They are strongly associated with the visual cortex of the brain and they occur when the full spectrum of our mind's potential is engaged and synchronized.

Brain Gym Collection:

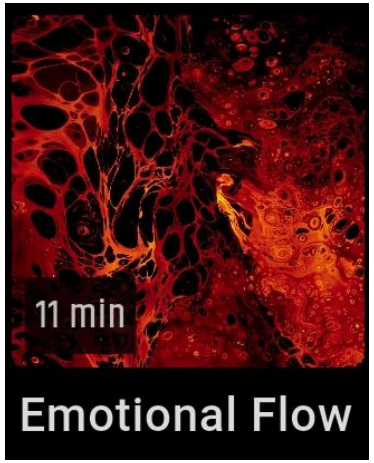
BRAIN NETWORKS SESSIONS

- Brain Networks is a specialised set of sessions that focuses on the frequency harmonics of major brain networks.
- These sessions are very thoroughly designed, while being faithful to the exacting frequency harmonics derived from specialized academic research.
- The aim and underlying principle of their application is to reinforce the efficient and natural regulatory functions of these vital brain networks.
- The concept is to utilize these sessions with the intention of enhancing a higher level of brain architecture, which in turn provides better support for various subsequent lower levels of brain functions.



More about the - Brain Network Sessions

EMOTIONAL FLOW



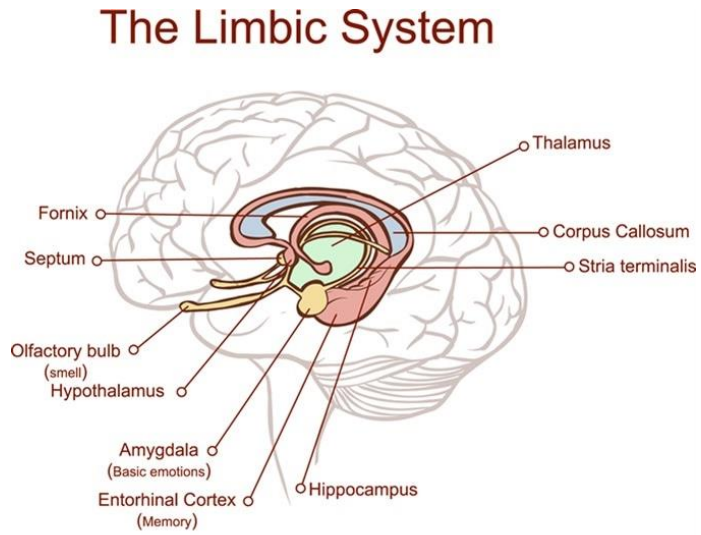
Emotional Flow targets the Limbic Network and may aid in emotional regulation.

More information about the Limbic Network:

- A complex network of interconnected brain structures **involved in regulating emotions, motivation, memory, and social behavior.**
- It plays a **crucial role in processing emotions like fear and pleasure, and it also influences learning and the formation of memories.**

Key Features of the Limbic Network:

- **Interconnected Structures:** The limbic network comprises various brain structures, including the amygdala, hippocampus, hypothalamus, thalamus, and cingulate gyrus.
- **Emotional Processing:** It's involved in processing emotions, particularly those related to survival, such as the fight-or-flight response and the experience of pleasure.
- **Memory Formation:** The hippocampus plays a key role in forming and storing memories, especially long-term episodic memories.
- **Motivation and Behavior:** The limbic network influences motivation, drives, and behavioral responses, including those related to feeding, reproduction, and social interactions.
- **Homeostasis:** It helps regulate bodily functions like heart rate, blood pressure, and the endocrine system.



More about the - Brain Network Sessions

SHIFTING INTO TASK

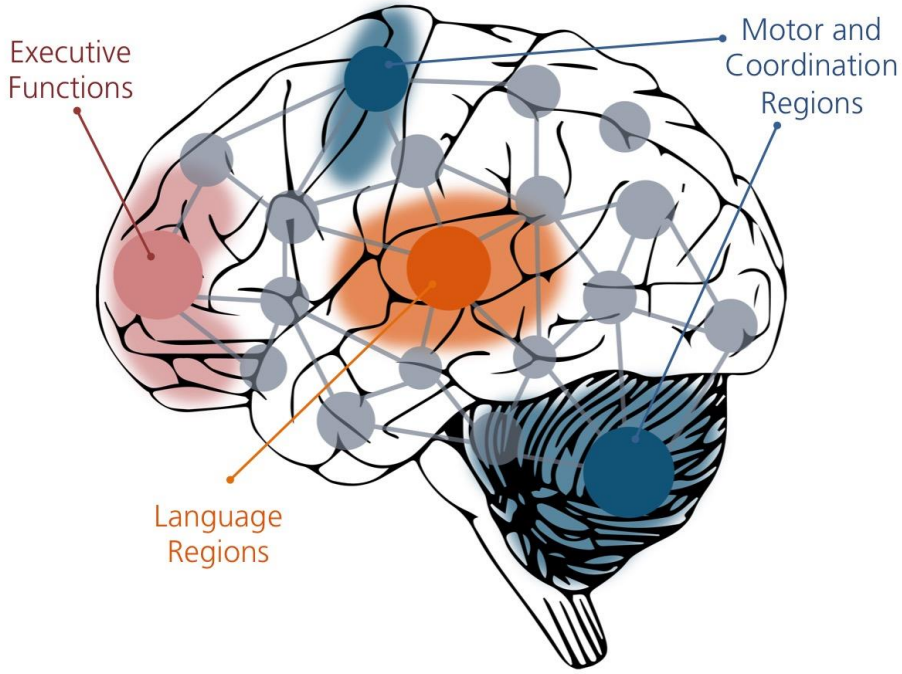
Shifting Task addresses the Executive Function Network (EFN) and may assist in initiating and maintaining targeted task performance.

More information about the Executive Function Network (EFN):

- The executive function network is a distributed network of interconnected brain regions that supports **higher-order cognitive processes like planning, decision-making, and goal-directed behavior.**
- It involves areas in the prefrontal cortex, parietal cortex, and other regions.

Functions:

- **Working Memory:** Holding and manipulating information in mind to complete tasks.
- **Cognitive Flexibility:** Adapting to changing task demands.
- **Inhibitory Control:** Suppressing impulsive responses.
- **Problem Solving:** Planning and strategizing to achieve goals.
- **Sustained Attention:** Maintaining focus over time.



More about the - Brain Network Sessions

FOCUSED ATTENTION

Focused Attention concentrates on the Dorsal Network and may facilitate focused and intense awareness.

More information about the Dorsal Attention Network (DAN):

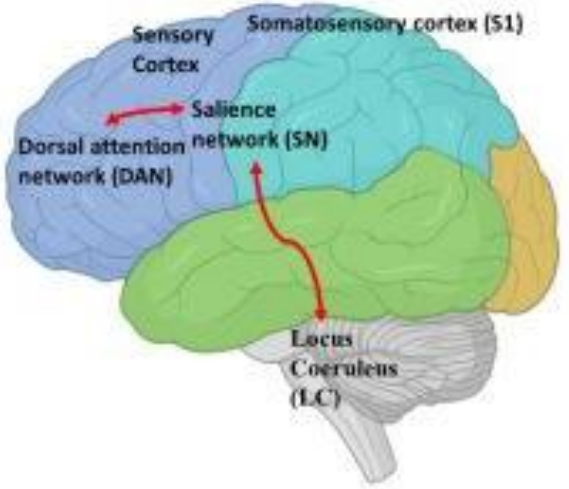
- The Dorsal Attention Network (DAN) is a brain network primarily **responsible for orienting and maintaining attention towards external stimuli, particularly those relevant to a task or goal**.
- It's a consistent, bilateral network that plays a **crucial role in holding attention steady and contributing to cognitive capabilities**.
- Dysfunction can lead to difficulties in attention and executive function.

Key Features:

- Focus: Primarily involved in externally directed attention helping us focus on things outside of ourselves.
- Function: Responsible for orienting and maintaining attention.

Role in Cognitive Processes - The DAN is vital for tasks involving:

- Selective Attention: Focusing on relevant information and ignoring distractions.
- Working Memory: Maintaining information in mind while performing a task.
- Task Switching: Rapidly shifting attention between different tasks.



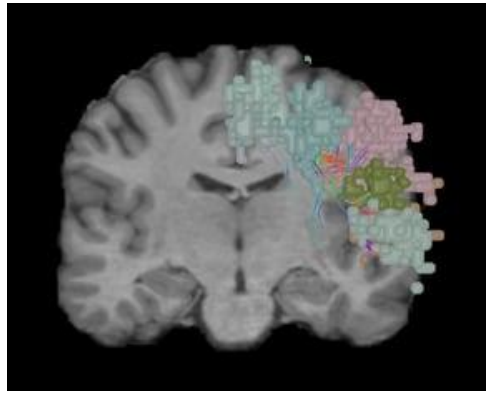
More about the - Brain Network Sessions:

FIELD ATTENTION

Field Attention targets the Ventral Attention Network and may promote broad peripheral awareness.

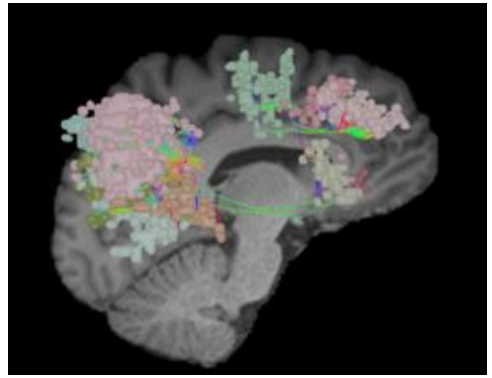
More information about the Ventral Attention Network (VAN):

- The Ventral Attention Network (VAN) is a brain network primarily involved in **reorienting attention towards unexpected and salient stimuli**.
- **VAN is responsible for more focused, top-down attention.**
- The VAN is often characterized by its right-lateralized activity and its role in bottom-up attention, where unexpected stimuli can suddenly capture our attention.



Function:

- The VAN is crucial for redirecting attention when something unexpected or salient occurs in the environment.
- This can be triggered by auditory, visual, or other sensory stimuli that are not part of our planned attention.

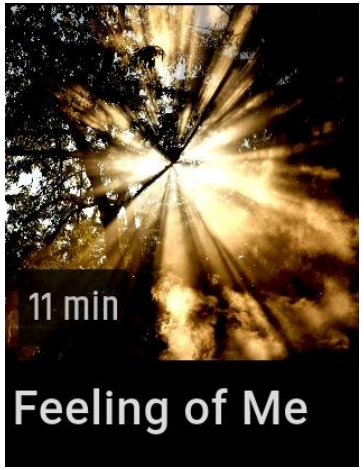


Clinical Significance:

- The VAN has been implicated in various conditions, including attention-deficit , hyperactivity disorder (ADHD), schizophrenia, and major depressive disorder.
- Research suggests that reduced connectivity within the VAN can be associated with higher levels of ADHD symptoms.

More about the - Brain Network Sessions:

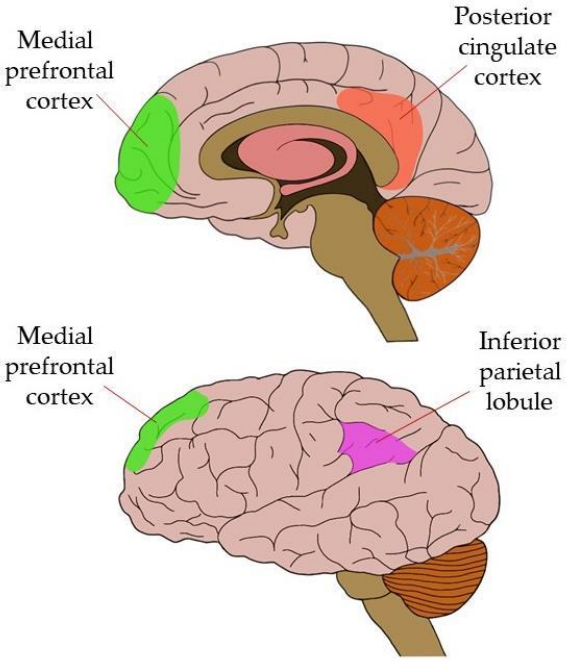
FEELING ME



Feeling Me focuses on the Default Mode Network and may reinforce positive ego references following intense dissociative or depersonalization experiences.

More information about the Default Mode Network (DMN):

- The Default Mode Network (DMN) **show increased activity when a person is not focused on external stimuli, such as during daydreaming or introspection.**
- **It's essentially the brain's "default" state when not engaged in a specific task.**



Key Features of the Limbic Network:

- DMN is suppressed when the brain is focused on a task or external stimuli.
- Associated with internally-oriented thought processes, such as self-reflection, remembering past experiences, and imagining the future.
- Cognitive Processes - Episodic memory, abstract thought, and social cognition

Functions of the DMN:

- The DMN helps in recalling past-memories and visualizing future events.
- Involved in processes like self-awareness, self-concept, and introspection.
- Involved in understanding and processing information about oneself and others, including thoughts, feelings, and behaviors.

MAINTAIN GOOD MENTAL HEALTH

BY ADAPTING IN THE FACE OF ADVERSITY.

✉info@mentalresilience.co.za 💻https://mentalresilience.co.za/