

# NEUROSCULPTING<sup>®</sup> INSTITUTE



## **COURSE CATALOG** January - May 2019

[www.NeuroSculptingInstitute.com](http://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 catalog reflects classes scheduled at the Neurosculpting® Institute located in Denver, Colorado only. (Select courses offer online attendance options too.)

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

## HOW TO REGISTER FOR EVENTS

- Visit [www.neurosculptinginstitute.com/calendar](http://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 (confirm you are logged into your account if you should receive an automatic discount)
- Click "Proceed to Checkout"
- Enter Billing Information and click "PayPal"
- Complete PayPal transaction
- Check your confirmation email from the Neurosculpting® Institute for important event info (including online attendance information if applicable). Check your spam folders if you have not received your confirmation email.

If you have any questions, please contact our administrative team at [info@neurosculptinginstitute.com](mailto:info@neurosculptinginstitute.com)

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# 1-DAY WORKSHOPS



## Foundational Neurosculpting®

*with a Certified Neurosculpting® Facilitator (CNSF)*

January 5 @ 10:00am - 1:00pm MST | \$45

February 2 @ 10:00am - 1:00pm MST | \$45

March 2 @ 10:00am - 1:00pm MST | \$45

April 6 @ 1:00am - 1:00pm MDT | \$45

May 25 @ 10:00am - 1:00pm MDT | \$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 gain powerful meditational tools to reverse that process.

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® Yoga

with Cyndi Morris, CNSF

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

January 19 @ 10:00am - 12:00pm MST | \$35

NEW YEAR'S SPECIAL \$60 for both sessions if you select sessions both when registering. Get Brainy and Bendy!

Learn about the brain and the benefits of movement for optimum brain function. Learn ways to calm an overactive, stressed-out brain. Gain a deeper understanding of the relationship between movement and its benefits to the brain and discuss how we get stuck in patterns of immobility.

Then enjoy the 5-Step Neurosculpting® Yoga experience. Moving the body while noticing the mind's limiting stories, negative thought patterns, and old fears is a strong catalyst for real change. You will spend some time noticing how these show up in your body.

Movement meditation is a powerful tool that you can use over and over again to change the automatic response to stress and worry for good. It sounds easy, but it's not! However, it is a powerful tool for empowering yourself every time life feels overwhelming.

**Prerequisites:** None



## Sound Healing Concert

with Travis Rumsey, CNSF

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

April 6 @ 7:30pm - 9:30pm MDT | \$20

Everything within the Universe exists in vibration, including you. When you're feeling good, your energetic vibration is humming at the frequency that's perfect for you. And when you're out of sorts or stressed out, your vibrational frequency shifts and works at a frequency that is not suited to your well-being.

You can use the power of sound to help re-attune to your personal and natural frequency. Working from our natural frequency allows the physical, mental, and spiritual aspects of yourself to shine.

Please join in an evening of sound healing where you simply lie back and soak up the good vibrations. The sound healing instruments will send you on a journey of relaxation and attunement to your own natural state of flow.

**Prerequisites:** None



## Hypnosomatic Yoga

with *Teddi Rachlin, Hypnotherapist & Life Coach*

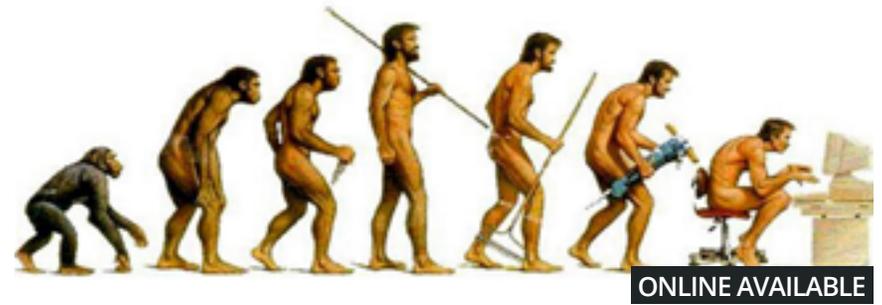
March 24 @ 10:00am - 11:30am MDT | \$35

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 perceived emotional tension from your body and perceived physical tension from your mind through interactive lecture, gentle yoga, and guided imagery!

**Prerequisites:** None



## Evolving The Caveman: Exploring Primitive Humanity in the Modern Central Nervous System

with *Teddi Rachlin, Hypnotherapist & Life Coach*

April 7 @ 10:00am - 11:30am MDT | \$35

Explore the real differences between Primitive Humans and 'Modern' Humans: sleeping in the cave, tending the fire, the need to move, and the use of mammalian defense mechanisms. Learn the differences in male and female brains.

Consider that you are, for all intents and purposes, simply a better-dressed Neanderthal. Your central nervous system has evolved negligibly since your primitive ancestors faced daily, literal life or death challenges.

Come PLAY and learn how you are still a Primitive Human and how you can consciously evolve your modern life and relationships in these modern times.

**Prerequisites:** None



## Past Life Regression

*with Teddi Rachlin, Hypnotherapist & Life Coach*

March 10 @ 10:00am - 11:30am MDT | \$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



## TRE® Deep

*with Travis Rumsey, CNSF*

February 23 @ 10:00am - 12:00pm MST | \$30

March 23 @ 10:00am - 12:00pm MDT | \$30

April 20 @ 10:00am - 12:00pm MDT | \$30

May 25 @ 2:00pm - 4:00pm MDT | \$30

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, and the support of group energy, this is the perfect setting to evolve your TRE® experience. No drop-ins.

**Prerequisites:** Completion of a 3-week or 5-week TRE® series through the Neurosculpting Institute.

# 3 - WEEK SERIES



## Heal The Inner Child, Become The Superhero

*3-Week Series with Founder, Lisa Wimberger*

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

If stressful moments in your life ever make you feel like that child who was embarrassed, ashamed, afraid, insecure, or invisible, then welcome to the club!

Those old stories and emotional patterns live in your neurology and body ready to be relived at a moment's notice. You have the power to rewrite those stories so that you can be a bigger version of yourselves than you ever dreamed possible.

In this 3-week series you will:

- Discover your personal inner-child wound
- Identify the mind-body map associated with that wound's story
- Unlock the neurological processes responsible for holding and repeating that story
- Learn the relationship between thoughts and the central nervous system
- Practice trademarked 5-step Neurosculpting® process of rewiring
- Write a new story where the child becomes the present-day superhero
- Create a daily practice plan for optimum application

**Prerequisites:** None



## Neurosculpting® to Navigate Complex Relationships

*3-Week Series with Founder, Lisa Wimberger*

**February 5, 12 and 19 @ 7:00pm - 8:30pm MST | \$109 – \$139**

Whether you are in romantic, professional, or causal relationships, you must navigate the complex emotions of both spoken and unspoken communication. This can get tricky and create misinterpretations and defensive behaviors.

This 3-week series teaches you how to identify the brain-based stress patterns caused by these types of interactions. You'll dive into understanding the potentially triggering effects of verbal and nonverbal communication. You'll learn strategies for dealing with these complexities so that you can deepen your relationship with grace, intention, and ease.

In this 3-week series you will:

- Identify relational triggers
- Identify non-verbal approaches to relationships
- Create a brain-based strategy for clear communication
- Practice the trademarked 5-step Neurosculpting® meditation approach to brain regulation

**Prerequisites:** None



## Manifesting Your Life's Goals

*3-Week Series with Founder, Lisa Wimberger*

**March 5, 12 and 19 @ 7:00pm - 8:30pm MST/MDT | \$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



## Tapping into Your Creative Genius

3-Week Series with Founder, Lisa Wimberger

April 9, 16 and 23 @ 7:00pm - 8:30pm MDT | \$109 - \$139

Are you wanting to enhance the creativity in your job so you can become a thought leader? Are you needing some creative perspective in your personal and professional relationships to allow you to go deeper? Are you wanting to challenge your own status quo in life to experience more diversity?

If you've ever wanted to be more creative in life, relationships, and business, you have to start by understanding how creativity and curiosity work in the brain. This series teaches you how to harness your creative intelligence and focus this creativity when it really counts.

In this 3-week series you will:

- Learn to use the trademarked 5-step Neurosculpting® meditation process to enhance your natural gifts of creative thinking and problem-solving
- Create a sustainable strategy for applying this process in your daily life

**Prerequisites:** None



## Brain Hacking for a Success Mindset

3-Week Series with Founder, Lisa Wimberger

May 7, 14 and 21 @ 7:00pm - 8:30pm MDT | \$109 - \$139

Take your profession to an entirely new level! Successful business entrepreneurs don't rely on luck - they rely on their Success Mindset.

Whether you are an entrepreneur or someone who wants to be a better professional, you need to know how to train your brain to accomplish your goals, envision the bigger picture, and keep yourself highly motivated.

In this 3-week series you will:

- Learn the basic neurobiology behind goals, motivation, creative problem-solving, and visionary insight
- Discover how to clarify your professional vision and map your mind and body to a successful outcome
- Identify the trademarked 5-step Neurosculpting® Brain Hack approach to self-directed neuroplasticity
- Practice mental exercises to move out old patterns of self-sabotage and entrain to your Success Mindset
- Create a map of goal-oriented action steps.

**Prerequisites:** None



## Finding Resiliency with TRE®

3-Week Series with Travis Rumsey, CNSF

Multiple 3-Session Offerings this Spring!

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

February 7, 21 and 28 @ 7:00pm - 8:30pm MST | \$109

March 7, 14 and 21 @ 7:00pm - 8:30pm MST/MDT | \$109

April 4, 11 and 18 @ 7:00pm - 8:30pm MDT | \$109

May 2, 9 and 16 @ 7:00pm - 8:30pm MDT | \$109

ALL THREE SESSIONS OF SELECTED CLASS MUST BE ATTENDED

Stress is inevitable - 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 3-week series you will:

- Be taught how to release pent-up tension and return to a calm centered state at will
- Strengthen your ability to unwind stressful patterns through guided practice
- Solidify gains made each session

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](mailto:travis@neurosculptinginstitute.com).



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# CLASES EN ESPAÑOL

## Lo Básico de Neurosculpting® en Español

with Joy Menet, CNSF

January 7 @ 7:30pm - 9:30pm MST | \$35

February 4 @ 7:30pm - 9:30pm MST | \$35

March 1 @ 7:30pm - 9:30pm MST | \$35

April 1 @ 7:30pm - 9:30pm MDT | \$35

May 6 @ 7:30 pm - 9:30 pm MDT | \$35

En esta clase introductoria, exploramos conceptos básicos sobre la neuroanatomía y cómo procesamos el estrés al nivel fisiológico. Identificamos la manera en que nuestras emociones son afectadas por el estrés y como eso puede influir en los procesos fisiológicos y viceversa.

Primero, empezamos con los primeros 2 pasos de Neurosculpting® para experimentar como se aumenta la neuroplasticidad debido a algunas técnicas simples.

Seguimos con una conversación sobre los siguientes tres pasos, como uno puede ir editando, eliminando o creando nuevas historias, en donde, la aplicación de los 5 pasos permite entender que historia creada sirve más.

Terminamos con un resumen de las nuevas herramientas que uno puede implementar cotidianamente para ir formando nuevos hábitos para vivir una vida más fluida emocional y fisiológicamente.

- Aprender sobre la neuroanatomía básica y como el estrés influye en ella
- Crear conciencia de la conexión entre el estado emocional y los efectos fisiológicos
- Practicar ejercicios básicos que reducen los efectos adversos que se presentan debido al estrés
- Aumentar la neuroplasticidad
- Conocer los 5 pasos básicos del Neurosculpting® y el objetivo de cada uno
- Descubrir la implementación de ejercicios mentales para mantenerse aterrizado y cambiar patrones de pensamiento

**Requisito Previo:** Ninguna



# IMMERSIONS



ONLINE AVAILABLE

## Everyday Warrior Level 1: Immersion Into Practical Neurosculpting®

*3-Day Series with Founder, Lisa Wimberger*

Friday, January 25 @ 7:00pm - 10:00pm MST | \$597

Saturday, January 26 @ 10:00am - 5:00pm MST

Sunday, January 27 @ 10:00am - 5:00pm MST

YOU MUST ATTEND ALL THREE SESSIONS

Consider this a BOOT CAMP experience! This program is the direct curriculum outlined in *NEW BELIEFS, NEW BRAIN: Free Yourself from Stress and Fear* by Lisa Wimberger.

In this 3-day immersion you will:

- Identify your personal limiting beliefs
- Learn about the limbic system and its relationship to fear and the prefrontal cortex and its relationship to our higher self
- Create a mind-body map for neurological associations
- Navigate and use six reprogramming and meditation techniques
- Apply a neurological overlay to existing limitations
- Create a new and limitless belief system

**Prerequisites:** None

**BONUS:** This series is the first pre-requisite for those who choose to go on to Facilitator Certification or other Warrior Immersions.



## Everyday Warrior Level 2

*2-Day Series with Founder, Lisa Wimberger*

Saturday, February 16 @ 10:00am - 4:00pm MST | \$397

Sunday, February 17 @ 10:00am - 4:00pm MST

YOU MUST ATTEND BOTH SESSIONS

If you've taken Everyday Warrior 1, you know how powerful these Neurosculpting® tools are for getting you centered and helping you move your patterns out of your body.

Now you are ready to apply these tools to the vicarious stress and stories we pick up from others. Your energetic field can shift quite a bit depending on our response to other's moods, expectations, and judgments.

In this advanced 2-day immersion you will:

- Learn how to get centered when your environment is turbulent
- Discover the shared phenomenon of empathy and mirror neurons
- Experience hands-on meditations to change your internal and external responses to the stress created by others in your environment

**Prerequisites:** Everyday Warrior 1 Immersion

**BONUS:** This series is the second pre-requisite for those who choose to go on to Facilitator Certification.



## Everyday Warrior Level 3

*3-Day Series with Founder, Lisa Wimberger*

Friday, April 12 @ 7:00pm - 10:00pm MDT | \$597

Saturday, April 13 @ 10:00am - 4:00pm MDT

Sunday, April 14 @ 10:00am - 4:00pm MDT

YOU MUST ATTEND ALL THREE SESSIONS

After learning the tools of Neurosculpting® and applying them to personal inner navigation and energetic field navigation, you are ready to go even deeper! In this intensive, you will learn advanced Neurosculpting® tools to identify subtle ways in which grounding gets hijacked.

This course pulls heavily from the Warrior Series and goes further with energy center navigation and its relationship to spinal cord neurology.

In this advanced 3-day immersion you will:

- Learn how to apply this knowledge to a deeper level of holding space for group dynamics and trauma release
- Learn about the subtle-body contracts we have within relationships and how to adapt them at their core level

**Prerequisites:** Everyday Warrior Level 1 and Everyday Warrior Level 2

# FACILITATOR CERTIFICATION



## Neurosculpting® Tier 1 Facilitator Certification Training

*with Founder, Lisa Wimberger and other Special Guest Trainers*

May 4 and 5: Sat/Sun @ 9:00am - 6:00pm MDT | **\$7,500\***

May 10 and 11: Fri 6:00pm @ 9:00pm, Sat 9:00am - 6:00pm MDT

May 17, 18, 19: Fri 6:00pm @ 9:00pm, Sat/Sun 9:00am - 6:00pm MDT

\*For Payment plans: contact [info@neurosculptinginstitute.com](mailto:info@neurosculptinginstitute.com)

YOU MUST ATTEND ALL SEVEN SESSIONS

Your Investment Includes:

- Classroom sessions
- Pre-recorded video education segments
- Materials
- Professional Mentorship
- Listing in our on-line directory for the first calendar year
- Digital startup marketing package
- Connection to other Certified Neurosculpting® Facilitators with regular on-going business development and training delivery education meetups

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 twelve hours of educational videos delivered via an on-demand platform.

#### Prerequisites:

- Five or more introductory courses (in person or via live stream)
- Successful completion of Neurosculpting® Everyday Warrior Levels 1 & 2
- Completed reading of *New Beliefs, New Brain: Free Yourself from Stress and Fear* by Lisa Wimberger
- Completed reading of *Neurosculpting® - A Whole-Brain Approach to Heal Trauma, Rewrite Limiting Beliefs, and Find Wholeness* by Lisa Wimberger
- Review of “The Neurosculpting® Franchise Disclosure Document” obtained when you email [info@neurosculptinginstitute.com](mailto:info@neurosculptinginstitute.com) and request your copy
- For in-depth information about Neurosculpting® Franchises, please visit our website [www.neurosculptinginstitute.com](http://www.neurosculptinginstitute.com) and click on “Certifications”. This is a franchise that can change your life and the lives of those you teach!





## Lisa Wimberger

*Founder of the Neurosculpting® Institute*

Lisa Wimberger is the founder of the Neurosculpting® Institute. She holds a Master's Degree in Education from the University of Stony Brook, 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 is also a faculty member of Kripalu Yoga and Meditation Center and the Law Enforcement Survival Institute.

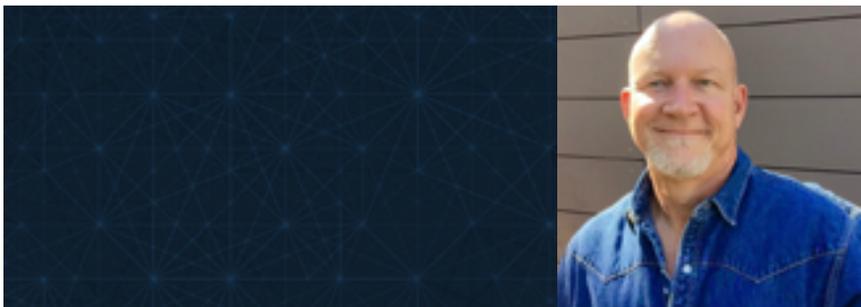
Lisa began her meditation practice at age 12. Hit by lightning at age 15 and clinically dead on multiple occasions, Lisa uses her traumatic experience as a vehicle for transformation.

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.

Additionally, 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 is a member of the National Center for Crisis Management and ILEETA (International Law Enforcement Educators and Trainers Association). Her mission to share practical and powerful stress management techniques to those in need caused Lisa to develop her Neurosculpting® program - combining neuroscience principles with mindfulness and energetic modalities.



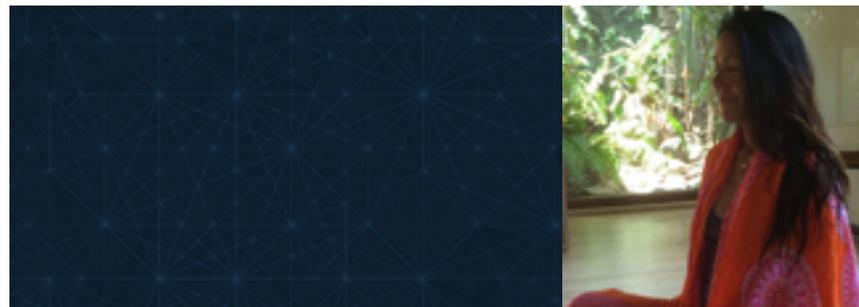
## Travis Rumsey, CNSF

*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 TREs 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.

In his private coaching practice, Travis helps clients clear a path to an understanding of their essential selves - opening them to a life of strength and effectiveness.



## Cyndi Morris, CNSF

*Neurosculpting® Yoga Facilitator, Certified Neurosculpting® Facilitator*

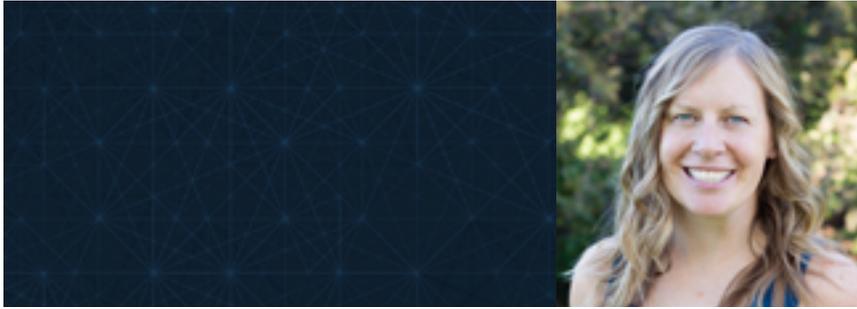
Cyndi has dedicated her practice to creating a safe fun environment for adults, young adults, and children to explore and embrace a healthy yoga and fitness lifestyle.

Her childhood fitness story wasn't much fun and she wanted a different experience for her young daughters. So she took an active role in helping to create their positive fitness story.

While coaching her kids' soccer games and leading children's groups, she connected with other parents who were trying to stay fit. Cyndi realized that she could help. She began to facilitate play groups for parents. She guided aerobics classes, jogging, biking, and other activities.

On her path to sharing fitness with the world, she discovered yoga's ability to slow the mind and bring awareness. She later incorporated yoga into her practice and it thrived.

It wasn't until she experienced accessible meditation that she was able to quiet her own critical mind for never feeling adequate even through her success. Cyndi now incorporates Neurosculpting® into her yoga practice. She helps her students learn about the brain and the benefits of movement for optimum brain function.



## Joy Menet, CNSF

*Certified Neurosculpting® Facilitator in English & Spanish*

Joy couples her work in Neurosculpting® with her practice as a Functional Medicine Certified Health Coach. Before moving to Denver where 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 combina su trabajo en Neurosculpting® con su práctica como Functional Medicine Certified Health Coach. Antes de mudarse a Denver, donde trabaja durante los veranos como guía profesional en los áreas silvestres, vivió en Ecuador durante 6 años donde trabajó como maestra en un colegio Montessori. Mientras daba una clase de aventura, se lesionó y reconoció la dificultad de recibir atención médica en un segundo idioma. Al regresar a los estados, estudió para ser intérprete médica para poder proveer ese servicio a los hispanohablantes en Colorado. Ahora, ofrece servicios de Neurosculpting® en español para que todos puedan beneficiarse de esta modalidad de manejo del estrés.



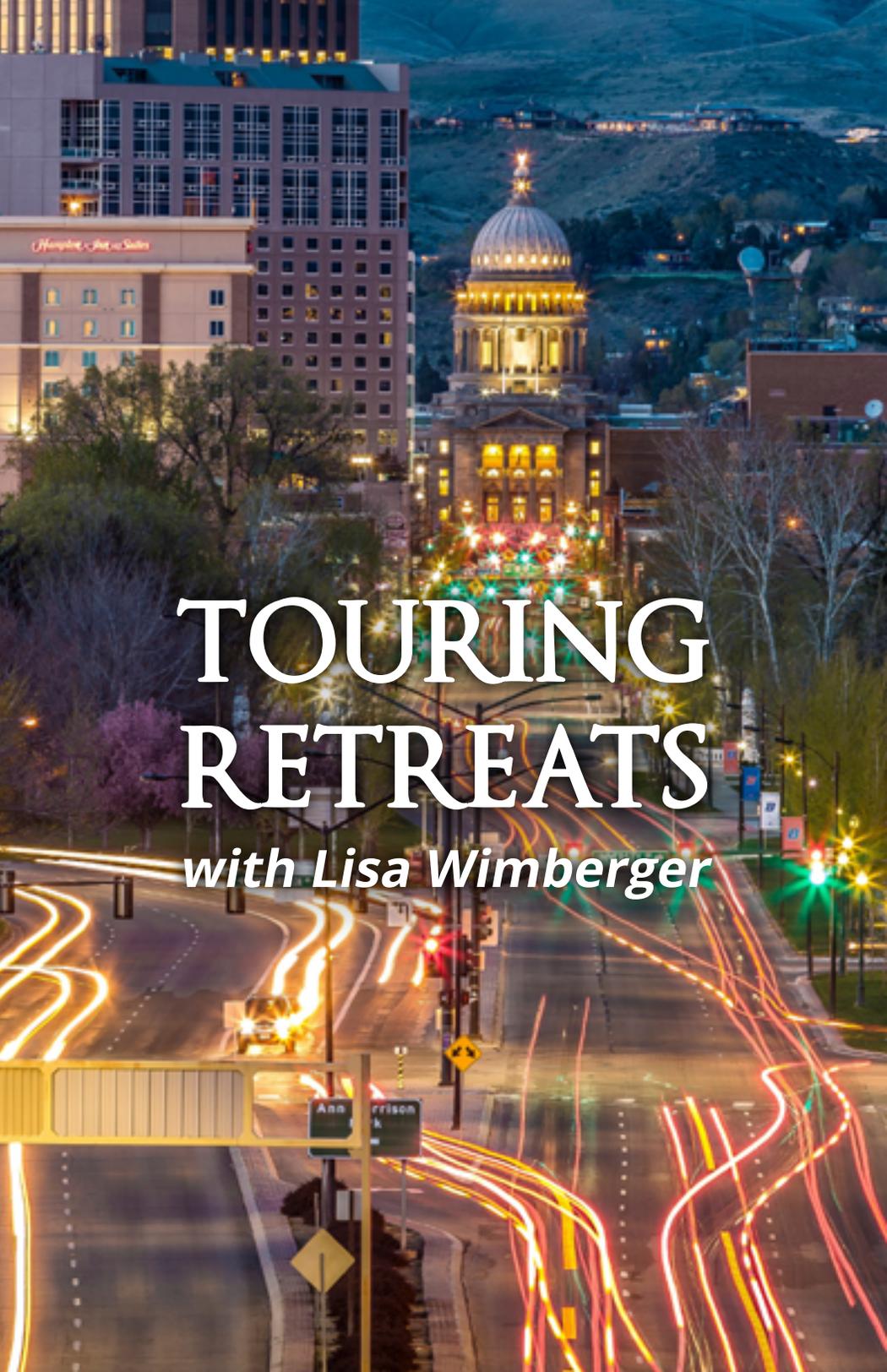
## Teddi Rachlin, CCHT

*Registered Psychotherapist, Certified Clinical Hypnotherapist, and 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.

“I have been through the tough stuff myself and I can tell you one thing.... It doesn't have to be such a struggle. Inspiring others to be authentic and joyful is what I do!”

A nighttime photograph of a city street with light trails from cars. In the background, a large, illuminated domed building, likely a state capitol, is visible against a dark sky. The street is lined with trees and streetlights, and a traffic light is visible in the foreground.

# TOURING RETREATS

*with Lisa Wimberger*

**FOR MORE DETAILS ON TOURING RETREATS VISIT:**

[www.neurosculptinginstitute.com/retreats](http://www.neurosculptinginstitute.com/retreats)

## **Neurosculpting to Manage Stress, Anxiety, and Depression**

February 22 @ 8:00 am - February 24 @ 5:00 pm MST  
Scotts Valley, California

## **Neuroplacity To Take Charge Of Your Life**

March 29, 2019 @ 7:00 pm - 8:30 pm MDT  
Seattle, Washington

## **Neurosculpting® Workshop To Change Your Brain And Change Your Life**

March 30 @ 12:00 pm - 4:00 pm MDT  
Seattle, Washington

## **2nd Annual Mind, Movement, Magic Retreat**

May 29 @ 4:00 pm - June 2 @ 12:00 pm MDT  
Loveland, Colorado

## **Transformation In The Land Of Enchantment with Synergia Ranch, New Mexico**

September 21 @ 8:00 am - September 27 @ 5:00 pm MDT  
Santa Fe, New Mexico

