



# NEURO STRETCH

Stretch4Life is pleased to offer our newest service, Neuro-Stretch Methodology, of re-calibrating mind, heart, and soul, yielding better health and a more peaceful way of interpreting and processing experiences to help heal the body as well as the mind.

This is a 6-week program (90-minute sessions), and every week counts, so please plan on attending all the sessions.

Regardless of where you find yourself in life; age, health and/or happiness, this course will help you understand the function of the brain in relation to thought, as well as the advantages of brain and body healthy connections.

**Ground Rules: Keep focus on own thoughts and feelings. Support one another, not fix one another. Anonymity & Confidentiality are basic requirements. Each person is free to express without interruption. Offensive language and explicit details are not acceptable.**

Week 1	Syllabus/Video/Handout /S4L Stretch Instruction and C.D. /Switch on Your Brain Book. 5 10-minute appointments for wellness evaluation & client intake. This includes a brief introduction to the neuro stretch methodology, a ZytoScan, reflexology introduction, stretches, Avazzia tool. All of these elements reinforce the complete body/mind healing experience.
Week 2	Formal Start of program (It is the responsibility of the participant to read the 15 chapters on their own time. This will help understand the mechanics of the brain) Review and instruct how to journal. Declare what specific thought topic participant will journal on. Begin 21-day Detox Journal.
Week 3	Receive affirmation audio/review journal/open share. Plus (20-minute massage).
Week 4	Review/Open Share. Plus (20-minute massage).
Week 5	Review/Open Share. Plus (20-minute massage).
Week 6	Wrap-up findings. Share Testimony

Mid-way our clients say that they are learning so much about how the brain really works. Knowledge of this is power, and power is control. You can control your thoughts and your actions with more success by understanding the proper intricacies of the brain. Additionally, the program addresses how the brain affect the emotions, and how these can be governed more positively.

By the end of the program, our clients walk away with one of the most significant and life-changing tools of their lives. They are empowered to do this on their own permanently.