

THE NEUROSOMATIC BALANCE & BRAIN HEALTH EXPERIENCE

For Mobility, Memory, and Mood —
Built on the Science of Nervous System Regulation

Because when the brain and body stay connected, life stays vibrant.

WHY THIS EXPERIENCE

As we age, everyday movement and sensory stimulation often **decrease**—making the nervous system's communication pathways less efficient. **But just like muscles, these neural pathways can be strengthened again through gentle, targeted activation.**

Small slips in coordination or confidence can lead to falls, fatigue, or isolation—yet most “fitness” programs overlook the brain's role in these changes.

The NeuroSomatic™ Balance & Brain Health Experience restores brain-body communication so participants can:

- ✦ **Improve balance and coordination** through gentle vestibular and proprioceptive drills
- ✦ **Support cognitive clarity and mental sharpness** through gentle neuro-activation sequences.
- ✦ **Support mood and calm** by regulating the vagus nerve and heart-brain connection

WHAT IT IS

A science-backed, experiential program blending neuroscience, movement, and mindfulness to **improve balance, confidence, and cognitive** vitality—at any age.

Each session blends three accessible elements:

- ⚡ **Quick Neural Resets** — Two-minute practices to *boost steadiness, calm, and clarity.*
- ⚡ **Vestibular & Vision Activation** — Gentle drills that *retrain balance and spatial awareness.*
- ⚡ **Brain-Body Habits** — Simple daily tools to *enhance energy, focus, and emotional well-being.*

*No equipment. No medical background required.
Just grounded, evidence-based tools that rebuild resilience from the inside out.*

WHY IT WORKS

Grounded in neuroscience, designed for result participants can feel:

- 🌀 **Faster Recovery** — Energy and clarity return quickly after stress or exertion.
- 🌀 **Sharper Focus** — Decision-making and composure improve under pressure.
- 🌀 **Sustained energy** — Less burnout, more consistency
- 🌀 **Lasting Change** — Simple tools create lasting integration.



ABOUT THE FACILITATOR

Andrea Arlington, ICF PCC, LegitScript Certified Coach
NeuroSomatic™ Strategist •
Trauma-Informed Coach •
Family & Wellness Specialist

Andrea trains wellness teams, clinicians, and senior-care professionals to translate neuroscience into everyday practices that restore steadiness, clarity, and vitality.

Since 2014, she's helped families, organizations, and wellness communities move from stress to steadiness—teaching simple methods to rewire balance, mood, and emotional resilience from the inside out.

Elevate your members' balance, confidence, and calm with the NeuroSomatic™ Balance & Brain Health Experience—an experiential program that helps people move, think, and feel better at any age.

PROGRAM FORMATS

Available onsite or virtual — designed for staff training + member implementation

- 60-Minute Intro Workshop
- 90-Minute Immersive Training
- 4-Week Brain-Body Vitality & Balance Series

As seen on:



BRING THIS EXPERIENCE TO YOUR SENIOR LIVING COMMUNITY,
WELLNESS CLUB, OR PHYSICAL THERAPY PROGRAM.

Because better balance begins in the brain.

Book or learn more: ✉ andrea@andrearlington.com | ☎ 818.532.8636 | 🌐 www.andrearlington.com

