

# THE NEUROSOMATIC BALANCE & BRAIN HEALTH EXPERIENCE

For Mobility, Memory, and Mood — at Every Age  
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 naturally decrease—and when the nervous system's communication slows, balance, focus, and energy follow. But here's the good news: **these neural pathways can be strengthened again** through simple, targeted activation.

**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 memory** through neuro-activation sequences
- ⚡ **Support mood and calm** by regulating the vagus nerve and heart-brain connection

## WHAT IT IS

A science-backed, experiential wellness program blending neuroscience, movement, and mindfulness to **restore balance, confidence, and 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 spatial awareness and coordination.*
- ⚡ **Brain-Body Habits** — Simple daily tools to *enhance energy, focus, and overall well-being.*

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

## WHY IT WORKS

Grounded in neuroscience, this method strengthens communication between the brainstem, cerebellum, and prefrontal cortex—the circuits that support:

- 🌀 **Faster Recovery** – Energy and clarity return quickly after stress or exertion.
- 🌀 **Sharper Focus** – Decision-making and confidence 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 guides individuals, families, and senior-care professionals in translating neuroscience into daily practices that restore steadiness, clarity, and vitality.

Since 2014, she's helped people move from stress to steadiness—rewiring balance, mood, and confidence through simple, science-based tools.

*Bring balance back to both body and mind.*

Through the NeuroSomatic™

Balance & Brain Health Experience, participants reconnect with the pathways that keep them steady, confident, and clear—inside and out.

## PROGRAM FORMATS

Available onsite or virtually for your: senior living community, Wellness Center or Club, Physical Therapy Program

- 60-Minute Intro Workshop
- 90-Minute Immersive Training
- 4-Week Balance and Vitality 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.*

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