

# THE NEUROSOMATIC™ RESET EXPERIENCE

*For High-Capacity Humans Who Want to Feel Clear, Focused, and Composed—Even Under Pressure*  
*Experience sustainable focus, recovery, and resilience in real time—  
built on an internal sense of steadiness and connection to your whole self.*  
*Because when your inner system steadies, performance becomes natural—not forced.*

## WHY THIS EXPERIENCE

**Even brilliant, capable people can lose their edge when their inner system stays on high alert.**

When the brain and body fall out of sync, clarity blurs, patience thins, and recovery takes longer. In survival mode, effort replaces ease—and even rest feels like work.

**The NeuroSomatic™ Reset Experience restores brain-body communication** so participants can:

- ✦ **Regulate** in real time (not after the crash)
- ✦ **Reclaim** clarity and composure under pressure
- ✦ **Feel** balanced and alert, not just busy and wired

## WHAT IT IS

**A science-backed, experiential workshop** blending neuroscience and practical regulation tools for immediate measurable change.

**Each session blends three core elements:**

- ⚡ **Quick Assessments** – Simple, repeatable resets in under 2 minutes.
- ⚡ **Brain-Body Resets** – Shift from reactive to responsive for on-demand focus
- ⚡ **High-Payoff Practices** – Each participant leaves with a Reset Map they can use anywhere.

*No jargon. No equipment. Just grounded, neuroscience-based tools that build resilience from the inside out.*

## WHY IT WORKS

**Grounded in neuroscience, this method strengthens communication between the brainstem, cerebellum, and prefrontal cortex—the pathways that govern:**

- ✦ **Balance & Coordination** — Reduce fall risk and increase confidence in movement
- ✦ **Cognitive Function** — Boost memory, agility, and learning
- ✦ **Mood & Motivation** — Increase serotonin and dopamine through gentle activation
- ✦ **Sleep & Recovery** — Calm the nervous system for deeper rest and energy renewal



## ABOUT THE FACILITATOR

**Andrea Arlington ICFIPCC  
Legit Script Certified**

*NeuroSomatic™ Strategist •  
Trauma-Informed Coach •  
Family Recovery Expert*

Andrea helps individuals and organizations move beyond insight into true physiological change—guiding them from survival mode to sustainable focus and steadiness.

Since 2014, she's supported entrepreneurs, families, and clinical-adjacent wellness professionals to **translate neuroscience into real-time tools that create lasting regulation and clarity.**

*Restore the steadiness success alone  
can't give.*

Through the NeuroSomatic™ Reset Experience, participants reconnect with their natural rhythm—thinking clearer, resting deeper, and leading with calm precision.

## PROGRAM FORMATS

*Onsite or virtual delivery for your team:*

- **60-Minute Reset**
- **90-minute Workshop**
- **4-week series**

## As seen on:



**BRING THIS EXPERIENCE TO YOUR ORGANIZATION, WELLNESS CLUB, OR RETREAT. CUSTOM PROGRAMS AVAILABLE.**

*Less burnout. More balance. Real results.*

This immersive class blends neuroscience, movement, and mindfulness—helping your members *reset their brain-body connection* from the inside out.

**Book or learn more:** ✉ [andrea@andreaarlington.com](mailto:andrea@andreaarlington.com) | ☎ 818.532.8636 | 🌐 [www.andreaarlington.com](http://www.andreaarlington.com)

