

THE NEUROSOMATIC™ RESET EXPERIENCE

*For Sustainable Focus, Recovery, and Real-Time Resilience —
Built on an internal sense of steadiness and connection to your whole self.*

Because when the nervous system steadies, performance becomes natural — not forced.

WHY THIS EXPERIENCE

Even high-performing people can lose their edge when the nervous system stays in overdrive—leaving focus, clarity, and recovery harder to access.

In survival mode, even simple tasks feel uphill—focus blurs, patience thins, and recovery takes longer.

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

- ✦ **Regulate** in real time (not after the fact)
- ✦ **Reclaim** focus and composure under stress
- ✦ **Feel** balanced and clear, not just busy and aware

WHAT IT IS

A science-backed, experiential workshop blending neuroscience and real-world tools for immediate regulation and long-term resilience.

Each session blends three core elements:

- ⚡ **Quick Assessments** – Simple, repeatable resets in under 2 minutes.
- ⚡ **Brain-Body Resets** – Shifts the nervous system from reactive to responsive—so focus and composure return on demand.
- ⚡ **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** — Support memory, mental agility, and learning capacity
- ✦ **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 worked with entrepreneurs, families, and clinical-adjacent wellness professionals to help people move from stress to steadiness—translating neuroscience into practical tools they can feel working in real time.

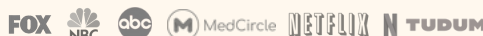
Elevate your members' focus, recovery, and resilience with the NeuroSomatic™ Reset—an experiential workshop that helps people perform, recover, and feel clear again.

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 YOGA STUDIO, 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 | ☎ 818.532.8636 | 🌐 www.andreaarlington.com

