

# Reset, Reshape, Rewire Your Brain

## An Innovative Model of Personal Empowerment through Mindfulness-Based Practices

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With a background in the field of neuroscience research at UCLA for over 10 years, I help clients gain awareness of how their thoughts and behaviors have shaped their reality, and how they can rewire their brain, using mindfulness-based tools and strategies to overcome challenges surrounding anxiety, depression, relational problems, childhood trauma and grief and loss.

In this workshop, we will learn how to unleash our true power of choice, using a mind-body integrative approach, in order to create a more positive state of mind. We will do this through:

- Learning how to **hit the reset button**, using mindfulness-based stress-reduction strategies, in order to be more *Responsive* than *Reactive*.
- **Reshaping not only our thoughts and behaviors, but also our relationship to the problems and the way in which we show up** when we are faced with difficult situations/emotions.
- Lastly, **rewiring our brain** by creating new neural pathways through repeated patterns of these more positive states, through which long-lasting change can in fact happen (*Neuroplasticity*).

**When:** Friday, July 14<sup>th</sup>, 2017, 5:30 – 7:00 pm

**Where:** My Health Studio Life Enrichment Network

31139 Via Colinas, Suite 303

Westlake Village, CA 91362

Please call/email  
to reserve your  
spot!

**Cost:** \$20 per person/\$30 for two

(Refreshments will be served)

**The Mind is Everything. What you think you become... Buddha**

