



Brain Workshop™

Tai Chi for the Brain

For **BALANCE, ALL MOVEMENT DISORDERS, PARKINSON'S, MULTIPLE SCLEROSIS, STROKE, BASIC TRAINING FOR BRAIN REHABILITATION**

Discover the "supreme ultimate" exercise to activate your brain and nervous system.

Contents:

Part 1- Balance Training . Learn how to **stand straighter** . Learn why mental practice, synchronicity, rhythmicity, and bilaterality need to be part of all exercise to **heal** brain injury. **Walk, ski, swim, cycle, golf your way to better brain function.** .

Part 2- Head and neck massage, visualization, and movement increases revitalizing **blood circulation** to the brain. Reduce stress and calm the nervous system. Improve **Sleep** . Improve **Memory** . Heal. **Reduce Tremor** .

Bonus Exercises: Abdominal and pelvic chair exercises loosen the hips, improve digestion, improve incontinence, increase vital energy.



I started experiencing tremor, fatigue, balance issues and sleep issues over a year and a half ago. After being diagnosed with Parkinson's I started working with Susan and Brain Workshop exercises. Today, I can say that rather than getting worse, I am not progressing, I am stronger. My doctor is thrilled. Balance is not an issue! I use Susan's breathing and meditation techniques for getting back to sleep at night, and I can quiet my tremor to a great degree. Instead of stiffening, my body is moving and becoming more flexible than it has ever been in all my 64 years. My spine and neck have become much straighter. I am opening up rather than closing down. I will continue to practice this method for the rest of my life and tell my friends. Thank you, J.B., Colorado.

Visit www.brain-workshop.com for more information and details

**Saturday, February 25, 2012
1:30-4:00pm**

Suggested Donation: \$45.00; +Caregiver Package or couples' price- \$80.00. Also suggested is the 2-volume DVD set "*Training Your Mind & Movement to Change your Brain.*" (\$35 workshop price).

Sponsored by:
**Saddleback College Eastern Arts Club
Room PE 306**

For more information email or call:
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Participants can receive **Certification** for Brain Workshop Clinic for Neural Rehabilitation and are eligible for **CE Hours** (3).

Registration: Register at the door or online at www.susanamatthews.com.



Presented by: **SUSAN A. MATTHEWS, M.S.**
Graduate degrees in neuroscience and anatomy with research in dopamine neuron electrophysiology, stroke, spinal cord development, and retina.
Master of Chinese Internal Martial Arts & Tai Chi Teacher for over 25 years. Founder of Shanti School and co-producer of Masters From China martial arts videos. Expert blending of Eastern Spirituality and Western Science.