

Train Your Brilliance

Neurobic™ Exercise Program

These carefully selected exercises support the unlocking of your brilliance by removing blocks in your brain and nervous system. They enhance and stimulate the free flow of information. The exercises help release muscle tension and emotional stress. They are the result of work done in repairing functions after a stroke as well as Oriental methods of yoga and acupuncture. Having a fully functioning brain at maximum capacity is what you get.

A child is born and immediately starts learning, taking in information through every pore. Walking, talking, playing generally flow easily, rapidly and naturally. The child learns with the whole body and all senses. As we mature, some of the pathways just become the normal ones; some even get closed off. These exercises will help you open all circuits of learning.

Enjoy!



Cross Walk

Use Your Whole Brain!

Geniuses need all their brain power available at all times. The cross walk instantly helps you coordinate your left half of your brain with your right half. It will allow you to neither get lost in details or in big dreams. As your two halves of your brain are coordinated your dreams and the details that go along with them will be coordinated as well.

While walking in place, touch your right thigh with your left hand or elbow, and your left thigh with your right hand or elbow.

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The Grounder

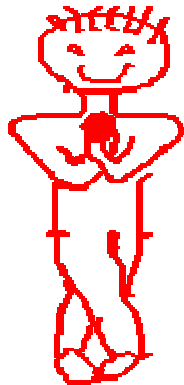


Get Grounded!

Geniuses need to have their feet on the ground when dreaming big. The grounder will help you connect your brain with your body. It will help you to stay in touch with the action that is necessary when thinking big.

Turn your right foot out and step one stride forward with your left leg. Keep your left foot pointed forward and your hips tucked in. Slowly bend your left knee while exhaling, then inhale while straightening it. Repeat five times, then switch sides and repeat.

Hook Ups



Get a New Perspective!

Geniuses need the ability and flexibility to get a new perspective at any time. This exercise will help you stop thinking in loops. It will cause you get in touch with your intuition and open your mind to the new perspective you need to move forward in your endeavor.

Stand up, cross your left ankle over the right one and extend your arms. Cross your left wrist over the right and interlace your fingers. Draw your hands up towards your chest and stay there for one minute, breathe deeply and relaxed.

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The Shaker

Go Beyond Your Stopping Points!

Geniuses have great visions and all the skills that will get them there. But we guarantee you that fears and stopping points will come up on the way.



Stopping points always go along with tense muscles all over your body. Even the muscles of your inner organs like small intestine or stomach can be tense and even hurt. Doing the shaker supports you to release this tension and helps you to forget your fear and go beyond anything that stopped you in the past. Try the shaker also when you are sad, angry or exhausted.

Start shaking your legs, then your hands and arms, shake your hips by moving your knees alternating back and forth, shake your shoulders and finally shake your head.

Stress Release Points

Release Stress!

Sometimes the brain seems to go crazy especially when facing a lot of new challenges. The stress release points are your short cut to keep a clear mind.



For one or two minutes, hold lightly the two points 1 inch above your eyebrows. Variation: ask an other person to hold your stress release points. These points balance your stomach meridian and reduce tension in your whole body.