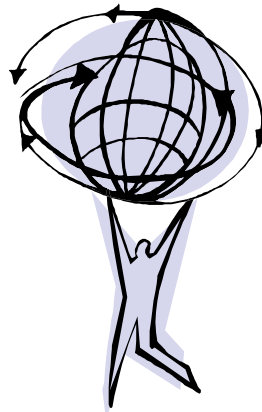


Dr. Beverly Brashen

Peak Performance NeuroTraining™ dual-method was developed by Beverly Brashen, PhD, Director of the Northwest NeuroTraining Center.

Beverly Brashen, PhD, has maintained a counseling and life coaching practice for over 28 years. Her practice combines Cognitive Behavioral Therapies, Neurofeedback Training, and Raja Yoga Psychology to help individuals, couples and families operate at their best and live happier more harmonious lives.

For further information about Peak Performance NeuroTraining™, coaching, counseling, or the other applications of Neurofeedback, please call our office at 425-822-1206 or visit online at www.northwestneurotraining.com.



Peak Performance
can be enhanced
naturally and safely

Northwest NeuroTraining Center

Northwest NeuroTraining Center
10940 NE 33rd Place, Suite 109
Bellevue, WA 980004

Phone: (425) 822-1206
Web: www.northwestneurotraining.com

Northwest NeuroTraining Center

Peak Performance
NeuroTraining™



The performance edge of high
achievers and elite athletes



Achieve Peak Mental and Physical Performance

If you desire to *live* and *operate* at your very best—whether at work, home, school, in athletics, or artistically—**Peak Performance Neuro-Training™** is a method that can help you achieve optimum results.

Specific Benefits

- Increased mental agility, clarity, memory, focus, and objectivity
- Improved motivation and ability to implement tasks
- Heightened self confidence
- Greater physical control
- Emotional well-being
- Improved performance and ability to operate at your best under all circumstances

Peak Performance Dual-Method

The tools and techniques you will use to help you operate at your very best and reach your **peak mental and physical potential** draw on: 1) the cutting edge technologies of computer based **Neurofeedback** and 2) the ancient wisdom of **Yoga**.

Neurofeedback and Peak Performance

Neurofeedback is a computer-based learning method that enables individuals to regulate brain wave frequencies.

Research has long shown that various brain wave frequencies are related to specific states of arousal, attention, mood, and consciousness. Particular patterns of these frequencies can determine the difference between **optimal performance and dysfunction**.

Neurofeedback is currently used as a performance enhancer in multiple diverse fields, including:

- **Business**
- **Academics**
- **Psychology and medicine**
- **Performing arts**
- **Professional sports**

Successful professional athletes who have used **Neurofeedback** as part of an integrated strategy to achieve peak performance include:

- Tennis champion, Mary Pierce
- Olympic Gold Medal skier, Hermann Maier
- Members of the Italian World Cup Soccer Team of 2006

Yoga Techniques and Peak Performance

For thousands of years the specialized exercises of Yoga have been used to help individuals develop and maintain a relaxed, focused and objective state of mind; build physical strength and endurance; create flexibility; and develop emotional well-being.

Yoga exercises which may be used in Peak Performance NeuroTraining™ :

- Stretching
- Breath control
- Deep relaxation
- Concentration
- Meditation
- Positive-constructive thinking

Training Sessions:

Depending on the individual and your personal goals for Peak Performance, the number of sessions recommended to achieve optimal results will vary between 15 to 40.

Sessions are one hour long and are conducted one to two times a week.