

Adult Course Basics

Review engaging materials daily.

The 9-week adult course includes 96 entertaining videos, 146 engaging audios, and 102 informative pdf support files. But whether it's a video, or audio, or support file, our course materials are always very short and easy to understand. Together, these materials present how to complete your lower brain development, as well as the process for restoring your nervous system's flexibility.

Receive program support.

We give you feedback on your video footage (of you doing the lower brain movements) and on your "checking in" questionnaires. We also do an initial video chat with you and then continue to answer your questions and concerns by email throughout the course.

Commit to setting aside 30 minutes for the daily lower brain floor sessions.

While this time can be divided into two separate sessions, this is when you do specific movements to develop your lower brain, integrate retained primitive reflexes, and learn about your brain and nervous system. You also set aside another 5-10 minutes daily to review other support materials. Since our course materials are mobile device friendly, you can access these additional materials anywhere, at any time during the day.

Commit to restoring your nervous system's flexibility in "real" time throughout the day.

You practice what you learn during floor time sessions throughout the day, as needed. These calming techniques and approaches help keep you grounded and make it possible to bounce back quickly after shifting into protection mode.

Change your brain and nervous system for \$695.

That's the cost of the program, which includes all the program materials and ongoing support as you make such changes.