



Mind Wellness Menu

Neurobics Bar - Cognitive Fitness Option

Unlimited PositScience Memory Enhancement Training
One Hour Per Month Symmatron "Bliss" Integrative Motion Chair With Audio Relaxation CD
Heart Rate Variability Training in Studio
50% off of Four (4) Sessions Head and Toes Therapies: Shiatsu, Reflexology, Cranio-Sacral

Grand Opening Special: \$400 enrollment and only \$54.55/ month for 12 months
A \$2200 Value!

Neurobics Bar – Mind Wellness/Spiritual Growth Option

Non Linear Dynamic EEG Biofeedback System Training with 3 guided BrainPaint or Zengar sessions
2 one half hour "self serve" Biofeedback Sessions per Week Zengar or BrainPaint
2 pRoshi Relax or Audio Relax/ mo
Unlimited Heart Rate Variability Training
50% off of Four (4) Sessions Head and Toes Therapies: Shiatsu, Reflexology, Cranio-Sacral
Discounts on Classes and Workshops

Grand Opening Special: \$600 enrollment and only \$175/month for 12months
A \$6500 Value!

Mind Wellness Training Packages

Zengar Package of 10 \$1250
Brain Paint package of 10 \$1350

Classes

6 Week Mind Wellness \$35/class
Meditation Class One Hour \$35
Workshops variable

A La Carte

Individual Neurofeedback Session 1 HR \$135
Individual Neurofeedback Session 1/2 hour \$75
Roshi/ \$40/half hour
Motion Integration Chair w/ audio CD \$89
Motion Integration Chair \$69
Craniosacral 1/2 hour 37.50
Reflexology 1/2 hour 37.50
Table Shiatsu 1/2 hour 37.50