

*STILLWORKS MEDITATION*  
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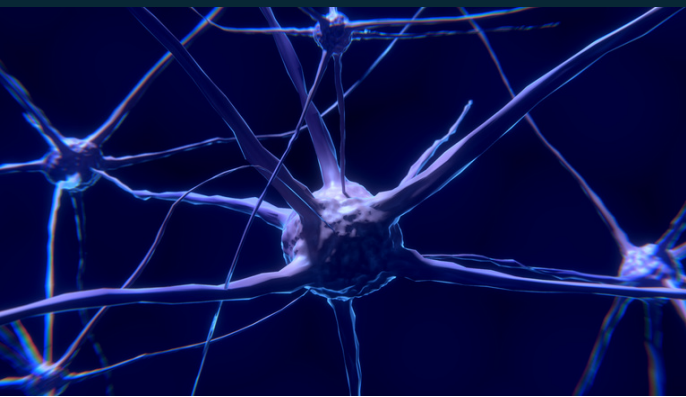


# *REWIRE YOUR BRAIN FOR OPTIMAL HEALTH*

Learn how mindfulness can change habitual unhelpful thoughts & behaviours to improve your brain health & protect against ageing by rewiring & regenerating your brain.

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**DATE: OCTOBER 11TH 2023**  
**TIME: 5 - 7 PM UK TIME**  
**COST: £15 SWC MEMBERS /**  
**£25 NON-MEMBERS**  
**TO BOOK: EMAIL**  
**INFO.STILLWORKS@GMAIL.COM /**  
**PHONE 07341 264686**



Join  
Natalie Snuggs  
MSC. for this  
online workshop  
where we will explore  
the latest science behind  
brain health &  
how simple mindfulness  
practices have been shown  
to improve mental capacity  
& slow down degeneration  
due to ageing and  
dementia.

## Did you know that...

- you can grow new neurones just by thinking about it?
- you can increase or decrease the size of parts of your brain to reduce anxiety & increase happiness?
- you can keep rewiring & growing your brain to learn new skills and habits well into old age?
- you can reach peak performance after middle age?
- you can mitigate the symptoms of dementia through neuroplasticity?



If you would like to find out how to improve your brain's performance, learn new skills and replace unhelpful habits with helpful ones, come and join us for an interactive workshop combining the latest scientific research with some techniques to start using straight away.

Learn how breathing techniques can improve heart & lung health and optimise brain function.

Explore how simple changes in the words we use can improve our mental health.

Find out how to hack the hard-wiring in the brain to our advantage, and how to develop new connections which work to our advantage.

Evidence shows that regular simple mindfulness practices change the way the brain works and help us to overcome some of the challenges we face trying to live in an ever-changing modern world with a brain that has essentially remained the same for over 300,000 years.

Through breathing, self-compassion and reframing practices we can learn how to live well with the demands of the modern world rather than experiencing overwhelm.

Explained in simple, common-sense language with links to resources from neuroscientists with expertise in this area and recordings of the practices used in the workshop.

**OVER THE LAST 30 YEARS I HAVE HELPED HUNDREDS OF PEOPLE IMPROVE THEIR HEALTH & WELLBEING THROUGH MINDFULNESS, MEDITATION AND HYPNOTHERAPY.**



**NATALIE SNUGGS MSC.**

[www.stillworksmeditation.com](http://www.stillworksmeditation.com)



BSoM Registered Meditation Teacher

