

Session SU308 Neurobics

Sunday 1 June 2008 15:30 – 16:45

Speaker: **André Vermeulen**
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Session Learning Objectives:

1. Apply whole brain integration principles to activate the brain.
2. Use tips and techniques to integrate the brain and increase performance.

NEUROBICS

- ◆ Neurobics are scientifically based exercises that produce natural growth factors called **neurotrophins** that activates the brain; helps to keep it fit and fight off the effects of mental aging.
- ◆ Neurobic exercises include physical and mental gymnastics, the five physical senses and your emotions.
- ◆ The benefit of Neurobic exercises is a **fit and flexible** mind ready to meet any mental challenges.

Neurobic Exercise: MIND DUMP

Neurobic Exercise: BODY POSTURE – Familiar/Unfamiliar

Neurobic Exercise: BACKWARD VISUALIZATION

Neurobic Exercise: EYE TRACKING EXERCISES

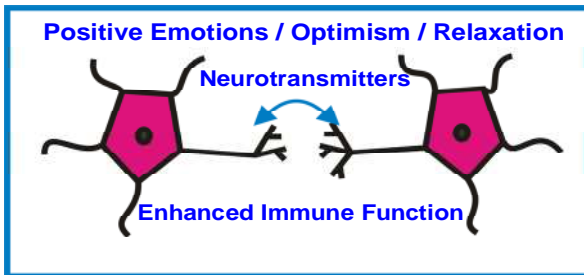
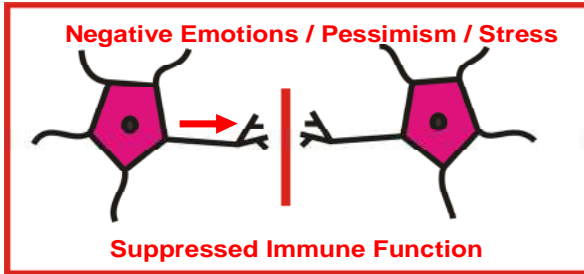
In/Out _____

Left/Right _____

Botom/Top _____

Neurobic Exercise: WATER

How The Brain Works: Electro-Chemical Functioning

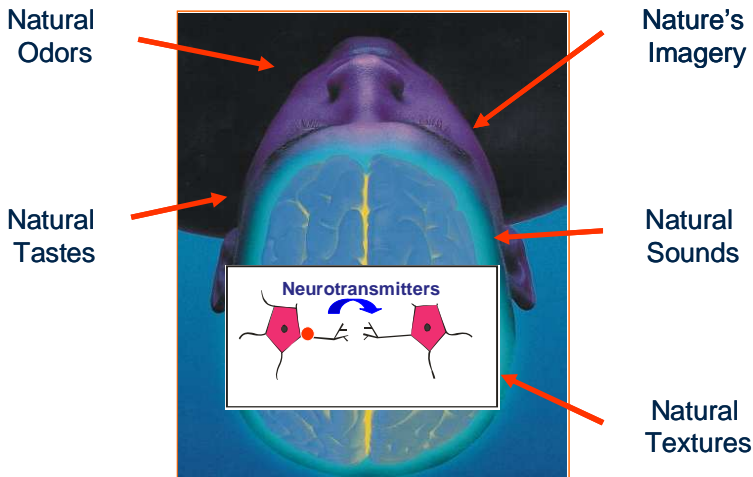


Neurobic Exercise: LAUGHTER

Neurobic Exercise: NATURE'S IMAGERY

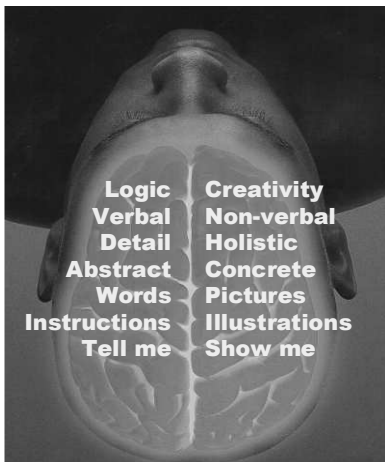
Neurobic Exercise: OBSERVATION SKILLS

How The Brain Works: Senses



Neurobic Exercise: SENSORY JOLT

How The Brain Works: 2 HEMISPHERES



Homolateral

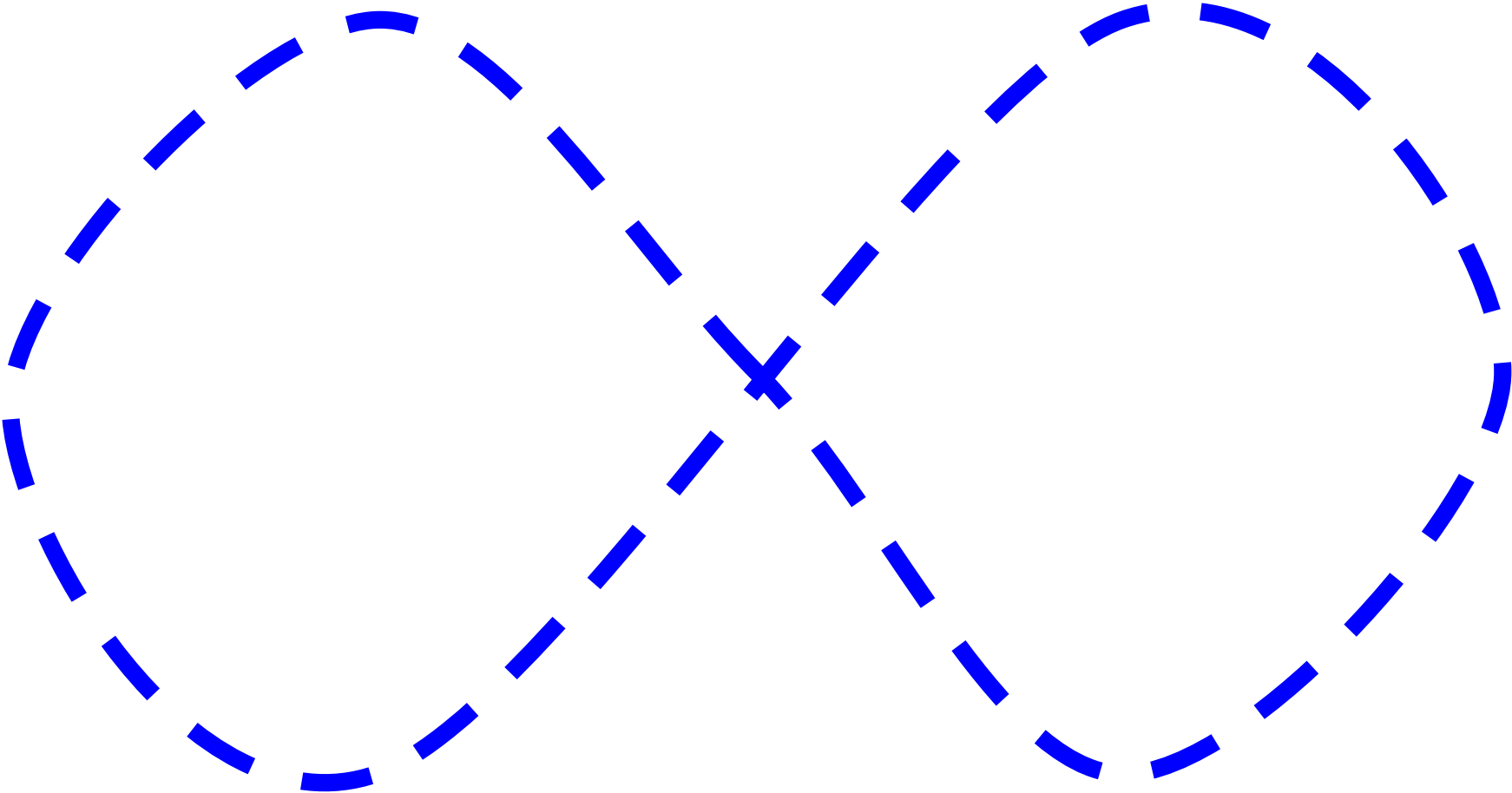
Bilateral

Neurobic Exercise: LEFT BRAIN WORK-OUT - Numbers

Neurobic Exercise: VISUAL GYMNASTICS

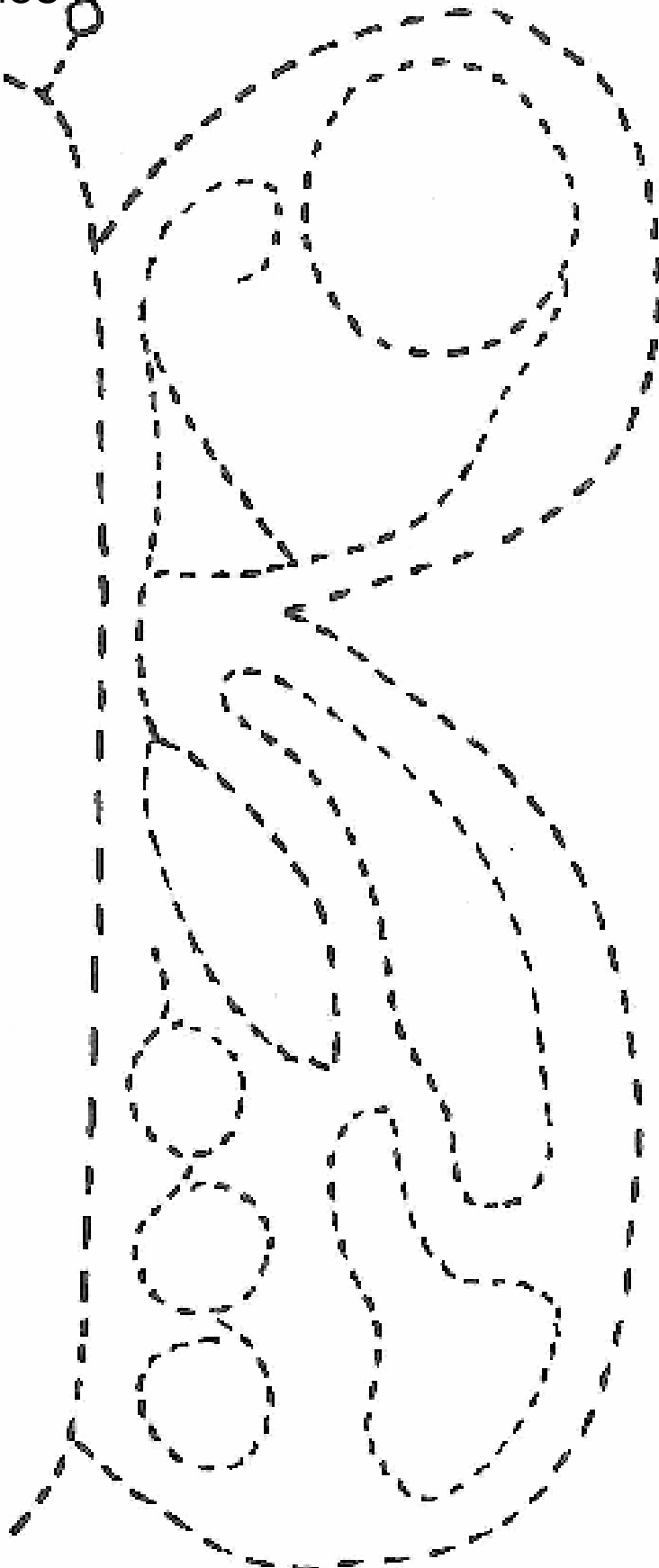
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Neurobic Exercise: BRAIN GYMNASTICS

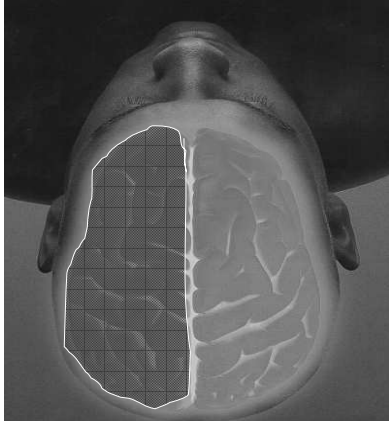


Neurobic Exercise: MENTAL GYMNASTICS

How The Brain Works: Stress

Humor

Nature's
Imagery



Breathing

Water

Music

Stress: “To lose control over the non-dominant hemisphere”

Neurobic Exercise: RELAX

Neurobic Exercise: BREATHE

Neurobic Exercise: CONCEPTUALIZE

Neurobic Exercise: ODORS

Neurobic Exercise: HUMOROBICS

Neurobic Exercise: SOUND

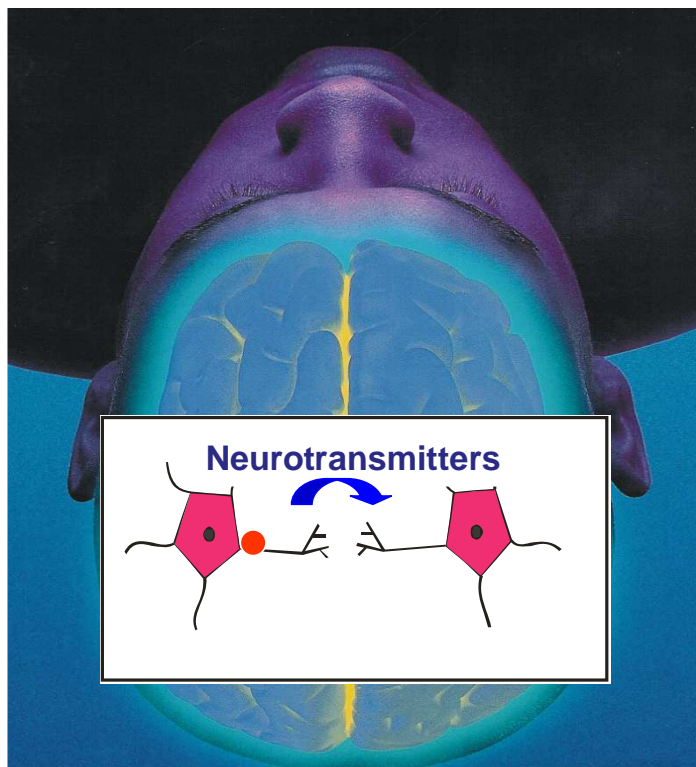
Baroque Music _____

Natures Sounds _____

JOB AID

Waterobics

Music



**Mental
Gymnastics**

Breatherobics

Senserobics

Neurobics

Waterobics:	8 Glasses per day
Sensearobics:	Allow nature's imagery to give you a neurotransmitter bath
Physical Brain Gymnastics:	Do sports and activities like aerobics dances, swimming and gymnastics.
Mental Brain Gymnastics:	Do mental activities like visualization exercises and playing games.
Music:	Listen to Baroque music and nature's sounds.
Humorobics	Have fun! Be silly! Laugh, laugh and laugh again!

AUDIO-VISUAL RECOURSES

CD: VIVALDI WITH CALM OCEAN SOUNDS
CD: NEURO-LINK MENTAL AEROBICS PROGRAMME
DVD: NATURAL CLASSICAL
DVD: DOLPHINS & SEA

RECOMMENDED READING

A. Jensen, E	BRAIN- BASED LEARNING Turning Point Publishing. 1996. ISBN 0-9637832-1-1
B. Hannaford, Carla	SMART MOVES Great Ocean Publishers. 1995. ISBN 0-91556-27-8
C. Howard, Pierce J.	THE OWNES MANUAL FOR THE BRAIN Leomion Press. 1994. ISBN 0-9636389-0-4
D. Vermeulen, Andre	ADVANCED WHOLE BRAIN INTEGRATION Manual. Neuro-Link. 1998.
E. Grové, Shani	THANK YOU BRAIN ISBN: 0-7981-3024-5
C. Vorderman	SUPER BRAIN Vermilion. 2007 ISBN 9-780091917029
Lawrence C. Katz & Manning Rubin	KEEP YOUR BRAIN ALIVE Workman Publishing. 1999. ISBN 0-7611-1052-6

ABOUT ANDRÉ VERMEULEN

André Vermeulen is the CEO of **NEURO-LINK** is an international consultancy in South Africa, utilizing the latest brain-based technologies and research to increase performance and maintain wellness in the workplace. His life purpose is to empower people and organisations with development truths, liberating them to become more of who they can be. André has conducted pilot studies with various corporate institutions, of which mention was made in international publications. He has developed the unique **Learning Receptiveness Profile (LRP)**™, which is a brain-based assessment tool that any person can use to grow and develop themselves and others.



André has published books and various leading articles on the development implications of brain-based technologies and mental health. He is one of the most recognized authorities and sought after speakers on the developmental implications of the brain in the world today. As an international speaker and trainer, André has presented papers at many international conferences and events like the International ASTD Conference and Exhibition and the International Alliance for Learning. He has also been the guest of many radio and television talk shows.

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