

Are You Ready to Experience Personal Transformation with NeurOptimal®?

Begin Your Journey...

Contact your local Trainer or find a Trainer near you at www.neurooptimal.com to book a Session.

Already training with NeurOptimal® but want a more convenient, affordable option?

Take NeurOptimal® Home

NeurOptimal® Personal is a "take-home" version of NeurOptimal® that you can use between your Sessions with a Trainer, while you are traveling, or remotely if you live at a distance. Speak to your Trainer about purchasing or renting one today!

Your Local Trainer:



Zengar Institute Inc.

Founded 1996

We know that given the right information, the mind can transform itself effortlessly. NeurOptimal® makes personal transformation accessible for everyone.



NEUROPTIMAL®
ADVANCED BRAIN TRAINING SYSTEMS
TRANSFORMING LIVES SINCE 2000

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Experience

Personal transformation
with NeurOptimal® Dynamical
Neurofeedback® Training

www.neurooptimal.com



What Happens In a Brain Training Session?

During a NeurOptimal® brain training Session, you wear two tiny sensors on your head and ear clips on your ears that read the electrical activity of your brain. You sit in a comfortable chair, listen to music and close your eyes or watch a fractal image or a movie. Through tiny pauses in the music, NeurOptimal® communicates with the brain, letting it know what it has just done. These interruptions give the opportunity for the brain to adopt a more natural, relaxed and effective pattern. After a 33 minute Session most feel refreshed, relaxed and in a higher state of mental alertness and flow.

Is Your Brain Functioning Efficiently?

Your brain is capable of optimal functioning, but for most of us our central nervous system gets knocked off by the challenges of daily life.

Manifestations of a less than optimally functioning central nervous system many times exhibit as:

- lack of performance on tasks
- random or scattered thoughts
- feeling overwhelmed
- overactive
- nervous
- tired
- irritable

NOTE: Any concerns mentioned are intended as examples only and not meant to suggest that NeurOptimal® treats, mitigates, cures, or diagnoses.



What is NeurOptimal®?

NeurOptimal® is considered by many to be the most highly evolved form of neurofeedback available today. After more than 40 years in the neuroscience field and related disciplines, Drs. Susan & Valdeane Brown, Founders of Zengar Institute Inc., have developed a technology that gives feedback directly to your brain allowing it to regulate itself more efficiently.

Who Uses NeurOptimal® Neurofeedback?

Anyone with a brain! In all seriousness though, NeurOptimal® is a great tool to have as part of a wellness program as it is designed to promote a flexible-and-resilient mindset. No matter where your lifestyle takes you—from athletes to executives to students, performers or artists, no matter the age—an optimal mindset helps you to be your best.

Become a Part of Our Ever-Expanding Family

NeurOptimal® is in 23 countries and counting.

Millions of NeurOptimal® Sessions have been run worldwide since 2000.

Over 50,000 NeurOptimal® Sessions are being run per month.

Here's what Clients are saying:

Cutting Edge Technology

A blazingly fast, highly cost effective and pleasant way to achieve Optimal Form and Functioning. NeurOptimal® is indescribable in words but must be experienced. **C.P., Israel**

Game Changer

Everyone should be assigned a NeurOptimal® System at birth! **C.B., USA**

