



**SAVE  
THE DATE**

“  
**14 DAYS  
TO GO FOR  
THE EARLY  
BIRD OFFER**  
”

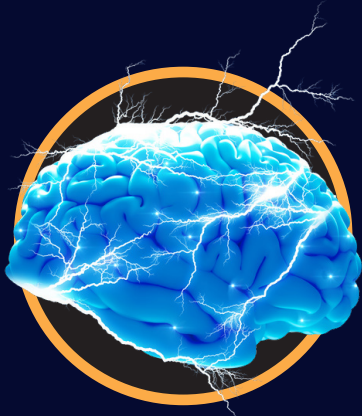
# ALLAN PARKER OAM PRESENTS REGIONAL BRAIN RESETTING TOUR IN HORSHAM

PRESENTS Allan is embarking on an extraordinary journey through the heart of regional Australia, bringing insights, techniques, and compassionate guidance to communities and individuals.

Allan's workshops delve into the neural pathways that govern our thoughts and behaviours, offering tools for a Calming Brain Reset (CBR).

## WHAT YOU WILL LEARN

FIVE STEPS TO A BRAIN RESET.  
MANAGING PRESSURE & TENSION  
UNDERSTANDING THE BRAIN  
CALMING CONVERSATIONS  
THE FACTS & MYTHS OF BRAIN  
FOOD & EXERCISE



# UNLOCK THE POWER OF YOUR BRAIN

## THE NEED FOR A BRAIN RESET

- KNOWING HOW TO IMPROVE OUR BRAIN IS CRUCIAL. IT'S TIME TO GO BEYOND TEMPORARY FIXES AND INITIATE A LASTING CHANGE.
- BY RESETTING YOUR BRAIN, YOU'RE NOT JUST IMPROVING YOUR MENTAL WELLBEING; YOU'RE ENHANCING YOUR EMOTIONAL AND PHYSICAL HEALTH TOO.
- IMAGINE A LIFE FREE FROM OVERWHELM, STRESS, ANXIETY AND DEPRESSION AND INCREASE PEACEFUL SLEEP.

## SAVE THE DATE



### DATES AND LOCATIONS

**HORSHAM**

**MON. 10<sup>TH</sup> FEBRUARY, 2025**

### ALLAN PARKER OAM SHORT CHAT ON THE RBRT

<https://vimeo.com/984598922?share=copy>

### BOOK NOW

<https://www.trybooking.com/CXYBM>

