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Gabinet EEG Biofeedback



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Do you realise that  
you use only 5-10% of your brain?

**You can change it!**



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Have you ever heard about  
**Biofeedback**

- the method of brain training  
introduced by neurobiologists working for  
**NASA?**



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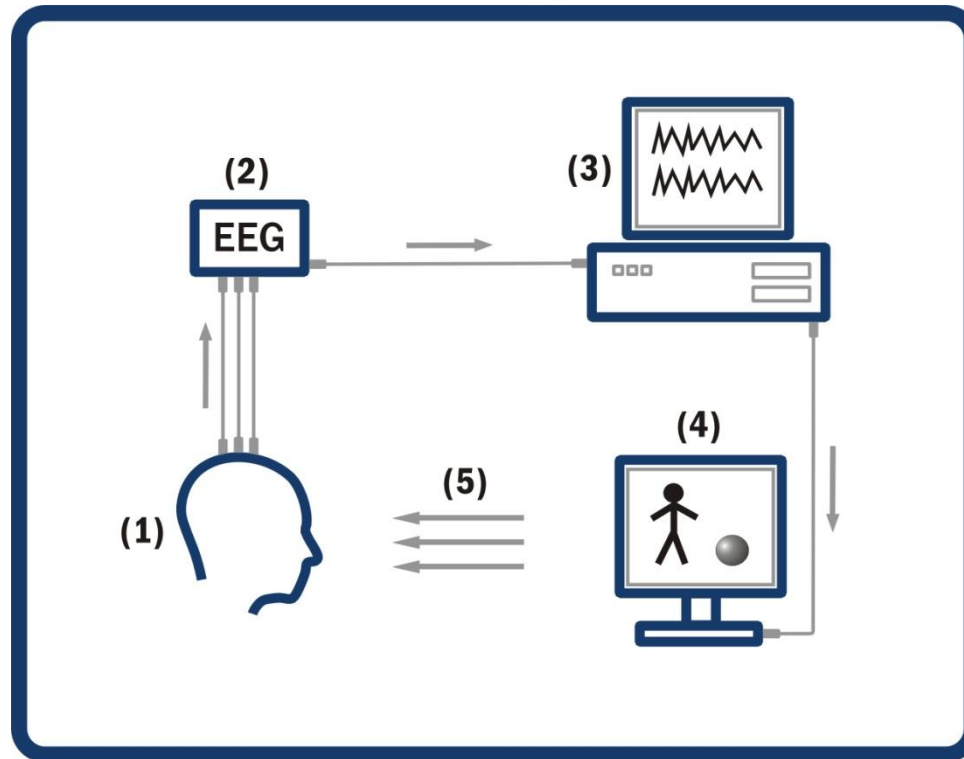
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## **Biofeedback:**

- Improves brain functions
- Expands concentration span
- Gets memory skills better
  - Awakens creativity
- Teaches how to relax and manage stress

# Biofeedback

The diagram of how Biofeedback works:



- Trainee
- EEG head
- Trainer's computer
- Trainee's display
- Feedback for the trainee



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The best effects of Biofeedback training are noticeable after **15-20 sessions**.

The sessions must be undertaken **3 or 2 times a week**.

The brain needs time to create new connections **(1 synapse is made in about 1 hour)**, which will be used to better mental work.



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Those who trained their brain by  
**Biofeedback** are:

- Astronauts and pilots of NASA
  - Polish jumper Adam Małysz
  - The footballers of AC Milan team



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**Above: the trainee during the training  
On the left: EEG head.**



- You can come to us to train your brain.
- But we also can come to your company to organise trainings for a few people.
  - What we need is:  
a small room, a desk  
and a comfortable chair for a trainee.
  - One training lasts about 50min.



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## Price list:

- Training in our office 90,-zł
- Training in the client's company:  
(We can come to you for **at least 2 people**)
- for 2-4 people 85,-zł + driving charge (to facility)
  - for 5 and more people 80,-zł + driving charge  
(to facility)



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**Learn how to use your brain abilities  
WITH US!**

**The power of your brain is there to be explored  
and to help you lead more successful life!**

For more information please check:

[www.treningmozgu.pl](http://www.treningmozgu.pl)

Or contact us on :

[trening@treningmozgu.pl](mailto:trening@treningmozgu.pl)

tel. 698-851-751