

## Understanding Homolateral and Befriending Triple Warmer

Our ability to learn, shift habits, get well and make lasting changes are greatly impacted by Triple Warmer and our ability to move in and out of Homolateral. SAFETY is the number one priority! A basic understanding of the Three Dimensional Brain is the beginning of a new relationship with Triple Warmer and will give you something to appreciate about Homolateral. The Three Dimensional Brain is also called the Triune Brain and is directly linked to our ability to Communicate (Left/Right), Comprehend (Top/Bottom), and Focus (Front/Back), or THINK, FEEL AND PARTICIPATE. You will learn to: (1) test and identify which part of the brain is stuck and resistant to change (2) how to use Energy Medicine and Brain Gym Movements to make the changes you want. Energy Follows Intention, you can become a Master in creating new neural nets. Why survive when you can learn to Thrive?

## Weaving and Integrating Energy Medicine with Brain Gym

Neuroplasticity means you can teach an old dog new tricks. In this class you will gain an understanding of the working of the brain and how to use Energy Medicine and Brain Gym Movements to direct and support change with grace. You will learn to: (1) Identify where you are stuck (2) Set goals to support what you want (3) Use Energy Medicine and Brain Gym Movements to create new neural nets to immediately shift and support what you want. By the end of the class you will have a potent set of tools for navigating through life more easily and recovering quickly from bumps in the road.

Lisa comes to inspire and empower you to improve the quality of your life. She has been in private practice for 17 years in Montana and 10 years in Washington. She is certified as a Brain Gym Instructor and Advanced Eden Energy Medicine Practitioner and is a founding faculty member of the certification program.



Presenting with passion, skill, wisdom and humor, she comes teaching you how to more fully participate in life and build an energetic supportive foundation!

Please Visit: [www.LisaBuford.com](http://www.LisaBuford.com)

## DETAILS

### Location:

118 Dean St, Brooklyn, NY 11201  
(btw Smith & Hoyt Streets)

### When:

June 14th, 15th and 16th  
Friday 6pm-9pm, Saturday 10am-5pm,  
Sunday 10am-1pm

### Cost:

\$300

\* Register by May 11th \* \$250 \*

### Contact:

Noreen O'Donnell

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## REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Please Mail Form and Check payable  
to Lisa Buford by **May 11th** to:

Noreen O'Donnell  
118 Dean St  
Brooklyn, NY 11201