

Brain Gym(R) 101 Class

BRAIN GYM 101: The Course

In the Brain Gym 101 course, you will be comprehensively oriented and taught the inner workings of Brain Gym as well as advanced applications to help you achieve your goals.



Specifically you will learn:

The Basic 26 Brain Gym activities.
Specific Balances that make use of these activities.
What-Where-When-Why and How to use Brain Gym.
Basics of whole brain thinking.
Goal setting and ways to unblock patterns that interfere with achieving those goals.
Ways to enhance learning for yourself and others.

And much more!

* The format for the 24-hour Brain Gym 101 class is flexible. It can be taught in 3 consecutive days, 3 consecutive Saturdays, 1 weekday for 3 consecutive weeks, 4 consecutive days, Six 4-hour evenings for 6 consecutive weeks and so on. Please contact us and indicate what your group's needs are and we will be able to accommodate you.

Price: \$350.00 / 24 Hr Class

BRAIN GYM GROUPS: AN INNOVATION WORTH EXPLORING

Come and experience Brain Gym through doing personal work with Donna in an ongoing six-week group. Benefit from the work of others, gain support and insight and have some fun at the same time. These learning environments maximize the enriching qualities of group work while giving you concrete ways to work with yourself and your issues after you leave.



Examples of Brain Gym groups are the following: Brain Gym weight loss group, Brain Gym and anxiety/depression group, Brain Gym for Kids, Brain Gym to enhance couples communication and more.

* Groups are typically scheduled for 1-Hr during the week during day or early evening hours but we also periodically schedule them on weekends. Please see our Newsletter for upcoming groups.

Price: \$75.00 / Per 6 Wk Group

Brain Gym(R) Individual Session

TAPPING YOUR HIDDEN POTENTIAL

Brain Gym is a program of targeted physical activities that bring about neurological repatterning and as a result, enhanced brain function. Brain Gym creates rapid and



often dramatic improvements in concentration, memory, organization, language and number skills, reading, writing, speaking, athletic performance and more. Brain Gym was first developed to help children and adults to overcome learning disabilities.

We have had excellent results using Brain Gym with anxiety, PTSD, ADD, ADHD, symptoms of depression, expressive aphasia and also in improving balance, coordination and agility. Learn and experience the difference that these fun and inspiring techniques can have in your life.

The process begins with an initial consultation. Sessions last around an hour each.

Price: \$60.00 / Per Session

Brain Gym(R) Introduction 1 Hr Class

BRAIN GYM INTRODUCTION 1 HR: Welcome To The World Of Brain Gym



In this 1 hour introductory presentation, you will be exposed to the basics of what Brain Gym is and an overview of how to apply it.

Specifically you will learn:

Introduction to Brain Gym and Its benefits.
Basic brain physiology and development to explain why Brain Gym works.
PACE, a Brain Gym protocol for learning.

* If the 1-hour format is inconvenient, other Brain Gym Introductions can be created to meet your staff, faculty or group needs.

Price: \$15.00 / Per Person

Brain Gym(R) Introduction 3 Hr Class

BRAIN GYM INTRODUCTION 3 HR: Going Deeper



In the three-hour introductory presentation, you will delve deeper into the workings of Brain Gym.

Specifically you will learn:

Everything offered in a 1-hour introduction, plus
An Introduction to Brain Gym balances and concrete examples of how they can benefit you in your life.
A tailor-made Brain Gym balance that will unlock your potential and help you overcome obstacles to achieving an important personal goal.

* If the 3-hour format is inconvenient, other Brain Gym Introductions can be created to meet your staff, faculty or group needs.

Price: \$45.00 / Per Person

Brain Gym(R) Retreats

BRAIN GYM RETREATS: Relax, Have Fun, Unwind



In the retreat format, prepare to experience an in-depth orientation to Brain Gym that includes descriptive information but primarily involves personal work, sharing, and an opportunity to break through long-held blocks to your individual or relationship potential.

In the retreat environment, many people find the support and safety to risk revealing and moving ahead on issues that may be too sensitive to reveal in other settings. This is the power that a time of reflection and personal work away from the stress of everyday life can have. Paired with the dynamic potential of Brain Gym, it can be a time that can transform the direction of your life.

* Retreats can be scheduled on two consecutive weekdays or one weekend. They are typically offered at our Afton center but with enough pre-registered individuals, we can come to you. Total retreat time is 12 hours, excluding meal times. An example might be from 9AM until 6PM on Saturday and 9AM until 1PM on Sunday in Afton. 9AM-4PM on day one and 9AM-4PM on day two would also be workable. Details will be available in our newsletter for pre-scheduled Afton retreats. The details of retreats arranged at your location can be negotiated at the time of initial contact.

Price: \$180.00 / Per Person

Continuing Education Workshops

OUR COMMITMENT



We offer on-site classes and supervision of therapy and healing modalities for those interested in refining their skills and especially in integrating the emerging approaches that utilize the body as well as the mind.

Our approach is to capitalize on the strengths and unique talents of each individual practitioner and to support and draw out those innate abilities in a safe and respectful way. Our training can often pinpoint hidden areas where effectiveness is lost and thus the potency of the practitioner's work is diluted.

Contact us today regarding the details of training packages. Example topic areas include the following: The Therapist's Use Of Self, Including The Body In Counseling and Therapy, Assessing Developmental Issues Through Body Reading, Containing And Discharging Autonomic Trauma In Abuse Victims, Integrating Body Oriented Counseling Skills For The Bodywork Professional, Taking Back Our Projections In The Workplace, Introduction To Systems Work In The Organization and others.

On Site Group rates of 3 or more people are \$15 per hour with a minimum of 3 hours needing to be scheduled per meeting. Six week classes at two hours per class each week are \$120 total. Friday through Sunday weekend workshops are 18 hours with total cost coming to \$180.00.

To Calculate total rates: 1. Calculate On Site rates by multiplying the number of students times 3 hours to yield total hours of service. 2. Calculate 6-week class rate by dividing \$120 by \$15 per hour to yield 8 hours of service. Enter 8 hours in the total. 3. Calculate weekend workshop rate by dividing \$180 by \$15 per hour to yield 12 hours of service. Enter 12 hours in the total.

Price: \$15.00 / Per Hour

Counseling

There can be times in all of our lives when life is sometimes overwhelming, when we may lose our clarity of purpose or when we are pulled in more than one direction at once. These are the times that we may need the support and guidance of a competent and well-trained professional.



We believe that a counseling professional must have lived and grown from events in their own lives as well as possess the best of training and experience to be able to truly help another individual. Our practitioners have made it a point to have obtained the best in graduate level counseling and personal growth training, to have practiced under competent supervision and to have worked with a wide variety of client concerns over a number of years.

Our counseling experience covers issues such as depression, anxiety, addiction, co-dependency, abuse issues, post-traumatic and dissociative concerns, family dysfunction, couples communication, intimacy issues and self esteem.

Price: \$70.00 / Per Hour

Cranial Therapy

WHAT IS CRANIAL THERAPY?

Craniosacral work was originally developed by William Sutherland in the 1900's. Sutherland's training was in osteopathic medicine and he was one of the first to assert that the bones of the cranium moved. Part of his focus was the investigation of trauma and tension patterns in the cranium as well as the relationship of these patterns to the rest of the body.



A more contemporary innovator in the field of cranio-sacral manipulation is Dr. John Upledger, also an osteopathic medical doctor who worked with the cranio-sacral pulse as well as established research studies of his work at Michigan State University. He continues his trainings to date and sponsors workshops throughout the country.

The underlying goal of cranial work is to balance and integrate the autonomic as well as the central nervous systems. During trauma, these two branches of the nervous system are prone to dysfunction and loss of awareness, thus contributing to acute and chronic pain conditions.

Our focus with cranial therapy is to use it as a tool to gently but consistently unwind trauma that often results from unhealed accidents or emotional damage. We are especially attuned to the potential emotional component to this work and provide support, when needed, to assist clients in integrating the changes brought about.

Price: \$80.00 / Per Session

Divorce Mediation

Divorce mediation can help couples work out divorce related issues in a cooperative as apposed to a competitive process and is most successful with couples who want an amiable divorce and want to cooperate in settling issues. Mediation is not marital counseling or legal counseling. The mediator helps facilitate the communication process, does not take sides and does not make decisions for you. Agreements reached in this manner tend to be longer lasting, are better adhered to and set the stage for further cooperation down the road.



Price: \$190.00 / Per Hour

Energy Healing

WHAT IS ENERGY HEALING?

Energy Healing is an umbrella term used at Afton Alternative to depict work that utilizes subtle energy transmission from practitioner to client. This work is done with the intention of bringing about increased awareness, a relaxation of tension, and a resolution of adhesions in the soft tissue as well as an increase in energy flow. Physical injuries as well as emotional issues respond to this work.



Practitioners at Afton Alternative have studied approaches such as Reiki, Polarity Therapy, Energy Massage, Unlimited Body, Healing Touch and other subtle intuitive energetic approaches. We provide stand-alone Energy Healing sessions as well as integrate this work with approaches such as massage, myofascial release or cranial work.

Price: \$70.00 / Per Session

Essential Oils Massage

In our practice, we use Young Living therapeutic grade essential oils in many of our bodywork sessions. The oils are effective for increasing relaxation, increasing blood flow and skin health, reducing symptoms of depression and anxiety, improving mental alertness, improving breathing and general vitality and also for reducing tension and chronic pain.



Often we use specific oils that research has shown to improve certain conditions, while at other times, we work intuitively in our selection, given our experience with the oils. Both ways enhance the effectiveness of the particular bodywork modality being used.

Price: \$60.00 / Per Session

Holistic Occupational Therapy

WHAT IS HOLISTIC OCCUPATIONAL THERAPY?

Holistic Occupational Therapy utilizes the best of traditional methods as well as the integration of alternative healing approaches. This potent combination is available for all client concerns but is always tailored to the specific needs of each particular individual.



Areas of focus for Occupational Therapy include physical and emotional rehabilitation, pediatrics, geriatrics, in-home care and other personalized services.

We work in coordination with other involved health care providers, and are licensed in both Wisconsin and Minnesota.

Areas we have had good success with include personal injury rehabilitation, post surgical rehabilitation, adaptation to joint replacements and prosthesis, stroke rehabilitation and specialized services for the aging.

In most situations, your health care insurance will cover for services.

Price: \$60.00 / Per Hour

Massage Therapy

WHAT TO EXPECT

Our approach to massage is grounded in years of experience with numerous modalities designed to enhance relaxation, reduce stress and bring comfort where there is anxiety and turmoil. We draw upon a variety of techniques including Swedish, deep tissue work, myofascial techniques and indirect approaches.

Key in our understanding and practice of massage is the importance of the emotions, and the profound enhancement to the work that can be achieved when they are appropriately included in the process. We make it a point to pay attention if emotional issues emerge, and make sure they are acknowledged and respected.

Equally important, we endeavor to create a healing environment between the client and practitioner highlighted by genuineness, empathy, and respect. We have found that when these conditions exist, we move beyond mere technique and "fixing" into a healing state where old issues and physical pain can be truly transformed and left behind.

Price: \$55.00 / Per Session



Myofascial Release

WHAT IS MYOFASCIAL RELEASE?

Myofascial Release is a term coined by John Barnes, Physical Therapist. Mr. Barnes was a friend and colleague of the late Dr. Ida Rolf. Although similar to Rolfing there are differences. Myofascial Release utilizes manipulation of the soft tissue combined with movement as well as a focus on awareness and breath to obtain its results. This approach is useful in obtaining relief from chronic pain, stiffness and movement restrictions as well as for impacting the body/mind system.

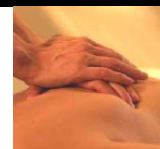
Price: \$80.00 / Per Session



Other Alternative Approaches

VISCERAL WORK

In the human body is a type of tissue called fascia. This tissue has wrappings that cover the viscera or internal organs, the muscles and the bones. Each organ is not only wrapped by fascia, but it is also suspended within the abdominal, chest or pelvic cavity by suspensory ligaments. These ligaments hold organs in a relatively stable position, but also allow for movement and the small motions of motility that is



characteristic of all organs.

At Afton, we offer introductory visceral techniques directed not to treat visceral dysfunction, but rather as a means to influence structural balance. When the viscera are included, often-nagging problems clear up in ways that could not have been anticipated.

JOINT MOBILIZATION

In healthy joints, the body articulations will glide over each other in small micro-movements in a spontaneous, yet subtle fashion as a matter of course. These movements occur along the joint's typical planes of motion to include that of flexion, extension, rotation and so on. The health/balance of these intrinsic motions act as a barometer of the health of the ligamentous tissues at the joints.

Our Joint Mobilization focuses on joint assessment and then the application of subtle, indirect techniques designed to impact the health and movement patterns of the joints. This work integrates well with other soft tissue work that focuses on tendons and other large muscle group mobility patterns.

When done well, there is a noticeable increase in the fluidity and grace of movement as well as coordination and strength.

MOVEMENT ARTS

Life is movement, from the most subtle to the most overt. Applying the art and science of movement for growth and development is one of our core modalities. We emphasize increasing range of motion, grace and agility in gait, coordination and balance as well as more subtle inner awareness and movement that define our deeper potential as healthy alive human beings.

Price: \$80.00 / Per Session

THE HEALING POWER OF NATURE

Our outdoor adventures are designed as transformative experiences to assist individuals in coming into harmony with nature, and thereby with themselves. During these events, many people rediscover lost inner visions and important strengths as well as improve cohesiveness and teamwork in work or other groups.

We capitalize on the inspiration and peacefulness found in nature and spice it up with ample fun, personal sharing as well as individual bodywork and healing sessions. The mix is truly energizing.

Favorite sites include the Flambeau River in Northern Wisconsin, as well as other camping and hiking locations. Consideration is now being given for future trips into the boundary water canoe area.

A typical Northern Wisconsin trip might involve a Friday afternoon, Saturday and Sunday canoe outing with camping and healing work held on Friday and Saturday nights. Traversing mild rapids as well as gentle serene portions of the river both have their unique magic influence on the human body and soul.

Cost includes canoe rental, transportation round trip from St Croix Beach, Minnesota, food, bodywork sessions and all other related expenses. Costs vary depending on the length of the outing, the distance from the Twin Cities and the



services selected for the trip. Typical Friday through Sunday trips range between \$250 to \$350 per person.

Price: \$350.00 / Per Person

Personal Coaching

WHAT IS PERSONAL COACHING?

Although similar, Personal Coaching is different from counseling. When you select us as your personal coach, we will provide support and help empower you to move in the direction of your dreams and aspirations. We will help you to focus on or uncover your agenda and goals and then will devise strategies and methods that move you along your path. We all want to experience greater self-actualization, achievement and personal satisfaction. An Afton Personal Coach can be a strong ally in this process.



We have had excellent success in helping people move forward in their careers, in developing entrepreneurial endeavors, in sharpening personal skills in business, in dealing effectively with workplace stress, in improving areas of personal growth or simply in strengthening communication with one's friends or colleagues.

Price: \$70.00 / Per Phone Session

Rolfing Structural Integration

WHAT IS ROLFING?

The Rolf approach to Structural Integration, originally devised by Dr. Ida Rolf, PhD, capitalizes on the plasticity of the body's soft tissue. During sessions, this tissue is reordered by the skillful application of manual techniques combined with the integration of subtle movement, joint mobilization, focused awareness and breath integration. The result brings increased length and alignment in the body, and a more efficient and free movement pattern. Most importantly, this approach supports increased freedom from outmoded postural and mobility patterns, old physical injuries and limiting styles of emotional response that have imprinted themselves on the body.



The Rolf approach is genuinely holistic and impacts the entire person, not just the area in the body where symptoms have occurred. Sessions are scheduled on roughly a weekly basis. We offer the original introductory 10-session protocol as well as advanced sessions. A confidential consultation begins the process. Sessions last about 60 to 70 minutes.

Price: \$90.00 / Per Session

