

Are You Ready to Stress Less & Sleep Better?

Your body spends roughly one-third of your life sleeping, or at least it's supposed to! Lack of a restful sleep can take a toll on your productivity, your general & mental health, and your ability to feel happiness & joy. If you are like forty percent of the population who get less than 7 hours of restful sleep, you may be sleep deprived.

There is a Secret that is keeping you sleep deprived.

It is your stress imbalanced brains.

Stress leads to sleep deprivation, and chronic sleep deprivation can lead to stress. It becomes a vicious cycle of tossing and turning, worrying about not sleeping and feeling exhausted. Plain and simple...sleeplessness leads to imbalances in your brain.

I don't want this to be you!

- Do you toss & turn at night?
- Lie awake counting sheep... Unsuccessfully?
- Have difficulty falling & staying asleep?
- Fret & worry about not being able to sleep?
- Dread going to bed because you fear sleep?
- Do you wake tired & unmotivated?
- Do you push the snooze button on your alarm clock one too

many times?

- Is your productivity at work or school hindered by your sleep deprivation?
- Do you have problems focusing and concentrating?
- Is your lack of restful sleep causing you to feel sad & hopeless?
- Are you tired of the sleepless misery?

I'VE GOT THE SOLUTION

Neurofeedback Brain Training

The quickest way to re-set and balance your brain for less stress & better sleep.

Get ready to get a more restful sleep, feel calmer, worry less, focus better, reduce your impulsive behaviour, make better decisions, and increase your confidence.

I know what you are thinking...it sounds too good to be true!

You are saying "I have tried everything."

"Why haven't I heard of brain training before?"

The truth is, brain training has been around for decades!

Previously it was an overly complex process, but the good news is that technology has advanced and brain training today is a safe & seamless process that can produce rapid results.

Neurofeedback is not a treatment; it is training & a skill, just like learning to ride a bike. You are teaching your body to regulate your own brainwave dynamics, re-setting your sleep cycles & re-calibrating your stress response. The bad news is that chronic repetitive stress can challenge your body and cause sleep deprivation, burn out & illness. This stress can come in the form of feelings of loneliness, toxic relationships, anger, unforgiven resentments, childhood traumas, car accidents, pessimistic thoughts, feelings of helplessness, addictions, and sleep deprivation. The good news is that by learning to balance your brain, you can stress less and sleep better.

A BALANCED BRAIN = A FLEXIBLE & RESILIENT BRAIN

Keep your brain and nervous system flexible and resilient so that it can easily transition between overwhelming feelings and peace, mastering your emotions and being able to self-soothe without engaging in maladaptive coping mechanisms.

By training your brain to be balanced, more flexible and resilient, you can jumpstart your sleep & reduce your stress so that you can:

- Fall asleep more quickly.
- Stay asleep.
- Feel refreshed upon waking.
- Enhance your learning & memory.
- Overcome worry and anxious feelings.

- Increase your energy.
- Reduce impulsive behaviour.
- Release stuck patterns of “Stress”.
- Feel calmer, more relaxed.
- Be less distracted.
- Enhance your meditation.
- And improve your relationship with yourself and others.

Book Your First Training Session Now

Welcome,

I am Penny, and I know firsthand how stressful a lack of sleep can be on a person's life. My experience with insomnia began while I was working as an oncology nurse. I was exhausted, stress-ridden and the sleep deprivation had negative effects on every aspect of my life. My journey led me to explore a variety of natural, holistic approaches to reconnect with my Authentic Self & improve my sleep. One of the most effective tools I found along my journey was Neurofeedback, or brain training. Today, I have over 20 years' experience facilitating the neurofeedback process and I have created a unique approach which I call The Hyndman Method of Brain Training. My passion is to support you in learning to calm and nourish your body, mind & heart to strengthen your ability to manage stress and anxiety more effectively.

Brain Training Is For Your If...

- You want to re-set your brain for a “Restful Sleep”.
- You want to release “Stuck” patterns of stress.
- You want to experience increased energy & performance.
- You want to overcome worry & anxious feelings.
- You want to train your brain to be flexible & resilient.
- You want to enhance your relationship with yourself & others.

BRAIN TRAINING IS NOT FOR YOU IF...

- You want a quick fix without doing the work.
- You cannot find 2-3 hours a week, over the next 2-4 months, to dedicate to your self-care practice.
- You like living in worry, stress, and drama.
- You believe you have nothing else to improve about yourself.
- You do not like investing in your health & future.

EXPLORE MY SIGNATURE PROGRAMS

16 Week “Becoming You” Program

In Person Sessions

90 minute Initial Consult includes a 35-minute brain training session with 23 follow up brain training sessions.

16 Week “Becoming You” Program

In Person Sessions

90 minute Initial Consult includes a 35-minute brain training session with 23 follow up brain training sessions.

30 Day Refresh Program

In Person Sessions

90 minute Initial Consult includes a 35-minute brain training session with 3 follow up brain training sessions.

30 Day Refresh Program

In Person Sessions

90 minute Initial Consult includes a 35-minute brain training session with 3 follow up brain training sessions.

Get Started Plan

In Person Sessions

90 minute Initial Consult includes a 35-minute brain training session with a follow up brain training session.

Get Started Plan

In Person Sessions

90 minute Initial Consult includes a 35-minute brain training session with a follow up brain training session.

What will the process look like?

You complete some prep work (A Health Care Inventory) before your initial visit (nothing too intensive). During your session we will look at where you are right now, where you want to go and

what is getting in your way. Then, you will experience a 35-minute brain training session. You will sit in a relaxing chair with sensors on your ears and head, with headphones to listen to music. As the brain training software monitors your brainwave dynamics, it provides your brain feedback in the form of tiny interruptions in the music. It's like a dance between your body and the brain training software. While listening to the slight interruptions, your brain re-adjusts and the fight or flight response re-sets itself. It is not just relaxation... You ARE training through the relaxation response. The result is that you feel calmer and more relaxed, with a heightened sense of body awareness. Your brain & body is learning to regulate itself.

Subsequent sessions consist of a check in, hook up (35-minute brain training session), and check out. **The Hyndman Method of Brain Training** combines mindset work, brain training, subtle energy techniques, essential oils, lifestyle counselling & sleep hygiene education to facilitate transformation. By assisting you to assess, plan, implement & evaluate your lifestyle habits, I can help you facilitate new healthy habits to create a foundation of health & wellness.

In Person Sessions

Most people complete a series of 24 session brain training sessions over a 16-week period. You can pay as you go, or I offer package programs & home training programs for 2-4 people to reduce your cost.

For clients unable to attend the office due to health reasons or mobility reasons, in person home training may be arranged at an additional cost. My Home neurofeedback training programs are ideal for people who are not able to travel into the office. With a home training program, you run your own brain training sessions at home, on your own schedule in a more concentrated time frame. You complete the same signature foundations of training as in office clients and meet with me weekly via Zoom to check in and assess your progress.