

NEUROPLASTICITY AND EPIGENETICS 101

FOR TEACHERS AND HEALERS
JUNE 2025 PROGRAM

#1 7/6

WELCOME AND NEUROANATOMY

1. Welcome and getting related
2. How to use this course
3. Basic neuroanatomy made fun!!!

#2 14/6

INTRO TO NEUROPLASTICITY

1. What is it and who discovered it?
2. How does it happen during various tasks?
3. Let's talk and you can ask me anything!

#3 21/6

YOUR NEURO TOOLKIT

1. Practical applications
2. Designing neuroscience-backed practices
3. Extended open discussion

#4 28/6

INTRO TO EPIGENETICS

1. Definition and origins of epigenetics
2. Mechanisms of epigenetic regulation
3. Inheritance and epigenetics

#5 5/7

EPIGENETICS & THE BRAIN

1. Impact on brain development
2. Epigenetics and neuroplasticity
3. Practical applications

#6 12/7

EXTENDED DISCUSSION

1. Review all that we've learned
2. Extended Q&A discussion

10-11:30AM AET (ONLINE)
COST 800 AUD OR
PAYMENT PLAN AVAILABLE

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WWW.DRVALRYTOVA.COM

