

NEUROPLASTICITY AND EPIGENETICS 101

FOR TEACHERS AND HEALERS
MAY 2025 PROGRAM

#1 3/5

WELCOME AND NEUROANATOMY

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

#2 10/5

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 17/5

YOUR NEURO TOOLKIT

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

#4 24/5

INTRO TO EPIGENETICS

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

#5 31/5

EPIGENETICS & THE BRAIN

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

#6 7/6

EXTENDED DISCUSSION

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

10-11:30AM AET (ONLINE)
COST 800 AUD OR
FLEXIBLE PAYMENT OPTION

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WWW.DRVALRYTOVA.COM

