

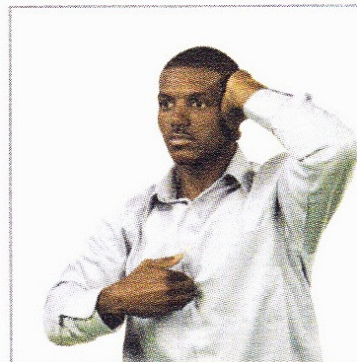
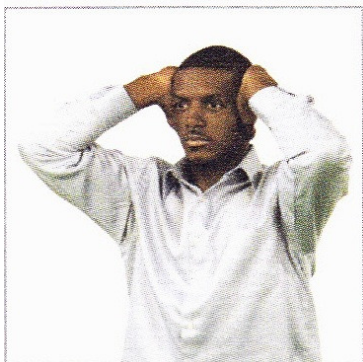
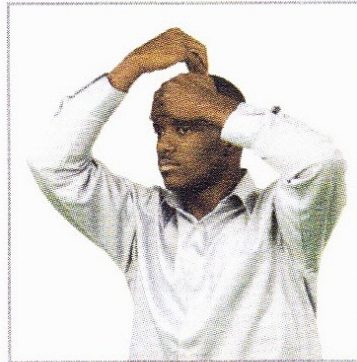
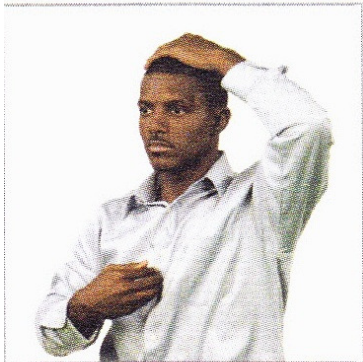
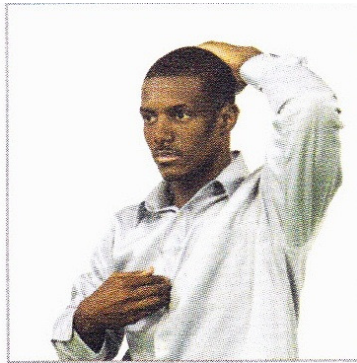
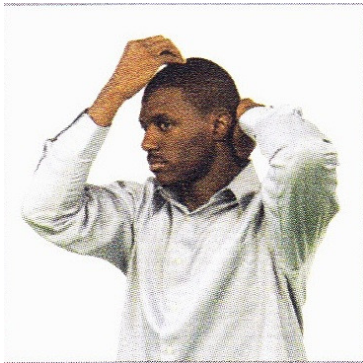


BODYTALK

WITH
LASHONDA JANAЕ

Cortices Technique

Perform Daily for optimal health and well-being.



This technique is an official BodyTalk technique created and developed by the International BodyTalk Association

**** Refer to BodyTalk Cortices Technique Video on my website, or FaceBook Page @lashondajanae for further instruction. ****

Benefits:

- Takes the body out of fight/flight mode.
- Improves brain function and mental clarity.
- Improves communication between the left and right hemispheres of the brain.
- Increases a sense of relaxation and well-being.
- Helps the body mind manage/process stress
- Supports BodyTalk sessions.

Instructions:

1. Hand on the base of the skull.
2. Tap out brains: Tap over head (brain), sternum(heart), and right at navel (gut) for 2 full breaths.
3. Move hand up along the skull a full hand position. Tap out brains.
4. Repeat until your reach just above the eyebrows.
5. Hold both sides of you head last. Tap out brains.

Intentional Focus While Tapping:
Imagine both sides of your brain are joining together and communicating with each other while blood flow and cellular functions are being balanced in the whole body.