

# Brain Wave Vibration



Moving your head and upper body to your own internal rhythm. Experience the simplicity and power of the practice yourself.

***As with any exercise program, consult with your physician if you have any health concerns.***

Although music is not necessary, using it when you practice can make it easier to get into the rhythm.

Place your tongue on the roof of your mouth just above the line of your teeth. Move your head from side to side. This is the most simple and convenient form of Brain Wave Vibration. It can be done standing, sitting, or lying down and is designed to deliver vibrations directly to your brain stem for immediate tension release and deep relaxation. Try it anytime during the day, even while working at your desk, to refresh your brain. Just three minutes will clear your head, enhance your focus, and leave you feeling more energized.

**With Brain Wave Vibration, you can learn how to:**

- Decrease Stress
- Regain Physical Vitality
- Increase Circulation to Your Brain
- Decrease Headaches
- Stimulate your Natural Healing Ability

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