

NEUROPOD™ *Neuroscience giving people a brain edge*

THINKGROUP Neurosciences founder and cognitive neuroscientist, Dr Stan Rodski, developed NeuroPOD to provide a quick, fun and effective way for people undergoing ever escalating pressures to take 15 minutes to relax their brain, improve cognitive skills (memory, concentration & attention), brain resilience/health and overall wellness.

NeuroPOD's are totally safe(use only batteries), fit into any area, and can be easily moved as required.



A typical Neuro POD is set up in a common area with easy access by participants. The neuroPOD consists of 1 to 4 POD's in any area with a comfortable seat and a high back surround for privacy. Each pod has a designated function in terms of its impact on the brain (see below). The neuro POD can be easily moved and deployed around any work or recreational space.



Prior to commencing in neuro POD participants undergo online baseline testing (15 minutes online). A brain edge report and personal workout plan is prepared and then presented at an individual or group session. Training in the use of the pod's is provided to participants together with more detailed training for internal staff- a 'help' resource for all participants.



POD 1: BIO FEEDBACK POD

Participants receive instructions about 2 methods of relaxation. The first is through controlled breathing and the second by using colouring. The power of these techniques is enhanced through biofeedback which is used in their session time.



POD 2: RELAXATION POD

Placed above the nose and covering the eyes, this exercise directly impacts the executive function area of the brain. Through pressure and heat , the executive thinking part of the brain is relaxed and brought into balance or homeostasis FOR OPTIMAL performance.



POD 3: RELAXATION POD

This pod relaxes the frontal lobe, left and right temporal lobes, cingulate gyrus(top of head) and basil ganglia(back of head) regions of the brain. Relaxation of these multiple areas through pressure on blood vessels encourages neuronal activity and a whole body relaxation response.



POD 4: ENERGISE POD

Participants can energise their brain using light and sound to reinforce brain wave patterns associated with brain 'beta' waves. Participants can also set brain wave patterns for idea's creation and mood change depending on their needs.



THINK
GROUP Our Vision 'to be good and do good'

FOR FURTHER INFORMATION: Contact Dr Stan Rodski on +61 417329154 or srodski@thethinkgroup.com.au