

# Neuroplasticity and Epigenetics 101 for Teachers and Healers

Sep - Oct 2024  
7-8.30pm AET (online)

23/9

I

## WELCOME AND NEUROANATOMY

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

30/9

II

## 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!

7/10

III

## YOUR NEURO TOOLKIT

1. Practical applications
2. Designing neuroscience-backed practices
3. Extended open discussion: ask me anything and everything!

14/10

IV

## INTRO TO EPIGENETICS

1. Definition and origins of epigenetics
2. Mechanisms of epigenetic regulation
3. Inheritance and epigenetics: your ancestors are always with you!

21/10

V

## EPIGENETICS & THE BRAIN

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

28/10

VI

## EXTENDED DISCUSSION

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

Cost 750 AUD

Register at:  
[www.drvalrytova.com](http://www.drvalrytova.com)