

Neuroplasticity and Epigenetics 101 for Teachers and Healers

with Dr. Val Rytova (PhD)

25/1

I

WELCOME AND NEUROANATOMY

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

1/2

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!

8/2

III

YOUR NEURO TOOLKIT

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

15/2

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!

22/2

V

EPIGENETICS & THE BRAIN

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

1/3

VI

EXTENDED DISCUSSION

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

10-11:30AM AET
Cost 800 AUD

Register at:
www.drvalrytova.com