



## Learning effortlessly – gentle and brain-friendly with **brainLight**®

Meaningful and gentle learning is possible if you make use of the natural functioning of the brain. In earlier times, people tried to adapt the brain to the learning material. However, this put learners under so much pressure that they were no longer able to memorize anything.

Today we know that the brain's receptivity is at its best in the Alpha state. Relaxed and yet concentrated, the memory is more efficient. On average, learning is three times faster in the Alpha state. Simple but effective

learning techniques (e.g. superlearning, suggestopedia) build on this. Rhythms, especially breathing techniques, play a major role here. The **brainLight**-Systems are the logical development of the Superlearning principle. Thanks to our special learning programs, practical application is very easy. Better networking of the brain hemispheres is also possible in this way. In fact, our audio-visual systems are revolutionizing adult education and shedding a whole new light on learning.



### Our Product Recommendation

Audio-visual deep relaxation in schools and seminar centers: The **brainLight**-Synchro PRO with one of the **brainLight**-Shiatsu-Massage Chairs.