

OPTIMISE BRAIN PERFORMANCE

with DR. TARA SWART

April 2, 2023 to April 17, 2023



“Open your mind, change your life”

Discover the transformative power of neuroscience with Dr. Tara Swart.

Most of the things we want from life – health, happiness, wealth, love – are governed by our ability to think, feel and act. In other words, by our brain.

The bestselling author of books like *The Source*, Dr. Tara draws on the latest breakthroughs in brain science – including neuroplasticity and gut-brain axis – to help guests strengthen mental resilience, achieve peak brain performance, and re-engage with their lives more meaningfully.

Dr. Tara is a globally renowned neuroscientist, Oxford University trained medical doctor, and senior lecturer at MIT Sloan. She is also a highly sought-after executive advisor, working with a select group of leaders and businesses to elevate their success.

JOALI BEING

Please contact your Jadugar to book a session with Dr. Tara.

Individual Executive Coaching Session

A deep dive into key patterns of thinking, feeling and acting, designed to give you an edge. This one-on-one session with Dr. Tara is ideal for high achievers seeking to get the most out of their brain. You will build on neural pathways that underlie making decisions, regulating emotions, honing intuition, maximising motivation, and thinking outside the box. Ensuring the right environment in the brain-body system supports your ability to create a vision, build a legacy, and manage vital relationships – at work and in life.

90 mins
USD 3,500

Reinvention Through Neuroplasticity

Neuroplasticity refers to the brain's ability to change at any age. This one-on-one session is tailored for guests who find themselves at a crossroads and are seeking a blueprint for reinvention. Guided by Dr. Tara, gain greater awareness of the direction you would like to move in, and focus attention on where you can act on opportunities. You will also practice new desired behaviours and learn how to hold yourself accountable for personal evolution.

60 mins
USD 2,500

Individual Wellbeing Consultation

An all-round assessment of health: physical, mental, emotional and spiritual. Dr. Tara will analyse the data around your wellbeing, then provide recommendations on aspects such as sleep, diet, hydration, exercise and stress management. All medical and HRV data can be brought to this session.

50 mins
USD 1,500

Group Guided Meditation: Nervous System Reset

Reduce stress and anxiety, improve sleep, and shift your nervous system from “fright/flight/fight” to “rest and regenerate”. This tranquil meditation includes a body scan, breathing techniques, and visualisation to remove burdens and embody your best self. (Readers of *The Source* may already be familiar with techniques like hot-air balloon and mirror meditation.)

30 mins
USD 100 per person

Group Guided Meditation: Cognitive Enhancement

Out of the four classifications of meditation, three are stress reducing and one enhances our ability to think, focus and make decisions. Boost your brain power and create powerful affirmations to take into your daily life through techniques such as identifying with a powerful icon. (Readers of *The Source* may recall examples of this from Chapter 14.)

30 mins
USD 100 per person

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All prices subject to 10 percent Service Charge and 16 percent Government Tax.*