



REGISTER NOW

Starts 22 January 2026

Experiential learning - a lived experience

21-Day Nervous System Reset: Neuroscience, Regulation & Micro-Habit Stacking for Healthcare Professionals

Start 2026 with a regulated, resilient nervous system – and bring that capacity into your clinical practice.



Why 21 days? The neuroscience behind real change.

Every morning your brain has two options:
repeat what it knows, or build something new.



You'll learn and experience practices rooted in:

- neuroscience
- micro-habit stacking
- polyvagal theory
- coherence
- breathwork
- movement
- nervous system regulation
- embodied regulation

What's included:

- Daily neuroscience PDF
- Daily voice note (5–8 min)
- Breathwork + movement + micro-habit practice
- WhatsApp delivery (simple & accessible)

Starts: 22 January 2026

**Delivered daily to your phone
Cost: R1 250**

Early Bird: R950 (before 15 Dec)

**Register here:
<https://forms.gle/aAVx5jTSmg1Fi6U89te>**



NeuroSync Academy

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