



mBIT mBODIED WISDOM: THE SCIENCE & PRACTICES of mBODIED MINDFULNESS

A NEW and LEADING EDGE mBIT-based online Programme from mBIT International

"A journey into the practices of embodied vitality and mindfulness for flourishing with self and others."

Would you like to experience the latest mBIT breakthroughs with Grant Soosalu, Co-Creator of mBraining and deeply learn about Grant's latest work on **Embodying Wisdom: The Science & Practices of mBodied Mindfulness, Vitality and Human Flourishing.**

This is an **AMAZING** workshop NOW available online. After piloting and action researching it in New Zealand and Italy, Grant has NOW made it available to mBIT Coaches ONLINE. Two days of incredible embodied learnings and practices packaged up into an online workshop. Supporting you in bringing your mBIT practices deeply alive in your body and your life. **An incredible leading edge multiple brain learning experience!**

Based on the very latest scientific knowledge and the insights from esoteric and wisdom traditions, this online workshop is designed to complement many other spiritual, coaching and therapeutic practices. Based on advances in the new field of mBraining & mBIT (multiple Brain Integration Techniques) you will learn how to facilitate your embodied vitality and a deeply embodied wisdom consciousness

This practical seminar is an accessible experiential online journey into understanding the scientific basis of embodied mindfulness, including living from vitality in your gut intuitions, your heart-felt emotions, and your head-based creative powers. The practices you will learn can transform your relationship to yourself, to others, and to the world.

"As a Health Practitioner & Executive Coach I've had a long standing interest in how NLP, Mindfulness & the new advances in Neuroscience can help us all achieve sustained Health & Wellbeing. This integrated & innovative program explores the compassionate, creative & courageous aspects of 'being' - enabling us to enjoy life to the full & also enable others to do the same."



In a nutshell

- NEW Online Workshop
- Over 9 hours of videos and 30 behavioral exercises
- SPECIAL Intro Price
\$299 AUD + GST if appl.
(RRP \$599 + GST)



Bring your Vitality alive in an AMAZING experiential self-paced online workshop!

Would you like to?

- **Learn** experiential tools and deep practices for embodying *mBraining* in your life
- **Bring** the vitality of your human spirit alive through embodied mindfulness
- **Learn** techniques based on the latest Autonomic Neuroscience for bringing vitality to your relationships and your life
- **Experience** deep integration of your multiple brains
- **Learn** to live into Wisdom Consciousness in your decisions and ways of being

What's different about this?

This work is experiential. It's not about learning how to coach others. It's not about learning heaps of neuroscience theory. This leading edge workshop represents the culmination of the last 2 years of Grant's current research interests in Consciousness, *mBIT*, the Autonomic Intelligence and the Insula and ACC, and the mindfulness of the *mBodied* interoceptive self.

This is some deeply cool stuff! And **the implications and applications of this are profound** and can transform your ways of being and your ability to tap into and create vitality and wisdom in your life and your relationships.

How do you feel? The Interoceptive Self

Based on new advances in Autonomic Neuroscience, and extending and deepening *mBIT*, this workshop explores how mindfulness of the embodied interoceptive self creates wellness, vitality and resilience—in your life and in your relationships. It explores a model called the Vitality Spiral and provides experiences to increase interoceptive awareness, increase your levels of flow in your life and build your sense of a deep intuitive visceral self.

In this workshop, you'll learn about **Wisdom Consciousness** and how to live into that in your daily life and your coaching practice. **Join this online Programme and have fun learning deeper integration of *mBIT* and the power of the Autonomic 'brain'.**



What people are saying

"The mBIT mBodied Wisdom workshop is a wonderful reflourishing journey to improve yourself and let your inner you express fully again! It's also a fantastic journey that brings you to the best expression of yourself."

Valentina Dionigi, Italy

"In Umbria, Italy enjoying the amazing mBodied Wisdom Vitality Workshop. Loving it - so much that I have learnt and will use daily. Thank you Grant you are inspirational."

Debbie Rivers, mBIT Master Coach, Australia

"Understanding my own vitality spiral - how to enhance and tweak various aspects of it was a key take away for me. I anchored the understanding of - in the small pause between event and feeling, I get to choose. If you want to make sense of the myriads of perspectives, this course does it for you."

Jean de Bruyne, mBIT Master Coach, New Zealand

What you'll get when you sign-up

Online Workshop Details

When you sign-up to this Programme you'll get access to a **comprehensive web-based Training with:**

- **Over 9 hours of webinar videos**, recorded into 22 bite size chunks of convenient duration to optimize your learnings
- **30 Behavioural Exercises** with complete instructions to deepen your embodied learnings
- A **44 page PDF Workshop Participants Manual**
- **Mp3 Audio files and Videos** of mBIT Meditations
- **Additional eBooks and PDF's** to deepen your learnings
- A **reference list** of key Research Reports and Articles backing up the Workshop material
- An Overview Mindmap to show you the big picture of what is covered

Cost to Register for the Online Workshop:

Normal Full Price: \$599AUD (+ GST if applicable)

SPECIAL INTRO Price: \$399 AUD

(+ GST if applicable)

****** Special Intro price for a limited time ONLY! ******

For those who take up this Introductory Offer, you'll also get invited to a **LIVE Openframe Webinar with Grant** to explore questions and deepen your learnings!

Course Registration

1. Email your interest to: mbraining@gmail.com.
2. Payment can be made by Credit Card using Paypal (3.9% paypal fee applies) or by Direct Credit to the mBIT International bank account.
3. Once registration and payment have been completed you will be given access to the online Coursesites eLearning Portal for the Workshop and access to a Workshop Dropbox Folder