Imagination Improvement Institute

Age Well with Imagination - for Brain Stimulation and Stress Relief

The key is within each one of us!

Recent studies[1] show imagination…

- Is shown to **stimulate the brain** even more than recalling memory.
- **Enhances memory** for healthy adults.
- Can initiate **brain reconfigurations.**
- Is essential for **alleviating stress** and **mental well-being**.

Despite these benefits, according to NASA, only 2% of adults are fully utilizing their imagination. This isn't due to a decline with age but rather a lack of training on tapping into our imaginative potential.

Imagination Improvement – Insightful Training for a Sharp Mind

We provide a course The Imagination Improvement Course, where you can learn "how" to practice improving imagination.

Supported by scientific research, imagination exercises help:

- ***Stimulate the brain***
- ***Relieve stress***
- ***Enhance the creative mind***

We ensure everyone feels comfortable using imagination, empowering them to access self-care whenever needed.

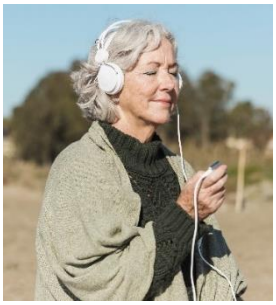

image: Freepik.com

Key Benefits of Improved Imagination include:

- Better focus
- Motivation
- Stress relief
- Creative problem-solving

Testimonials

Improved Imagination

The music took my mind to the imagination world quickly. The exercises allowed me to freely imagine the times, people, and places I want to revisit or visit.

Better focus

Whenever I get distracted, I practice imagination exercises and it helps me stay focused!

Stress relief

I enjoyed all the imagination exercises. Stress release was amazing for me.

Tools & Knowledge include:

- Music interludes
- Imagination exercises
- Videos for practices
- Tuning fork
- Zen and Plato's philosophy to stimulate the mind

https://imaginationimprovement.com

The Course is offered :

- Via live virtual sessions
- Delivered over 2 + or 4 sessions, 90 mins each
- Group / individual sessions
- Led by an experienced instructor

References: 1. Schacter, Daniel L et al. "The future of memory: remembering, imagining, and the brain." Neuron vol. 76,4 (2012): 677-94. doi:10.1016/j.neuron.2012.11.001