



NeuroRhythms

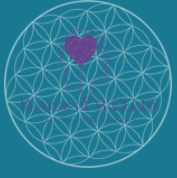


A 30 Day Journey From Mind to Body to Soul



**21-hour Immersive Event
3-4-5 July 2026 + 30 days Online**

**Creative Youth Network
Kingswood, Bristol**



The Invitation



Step into a 30-day transformational journey designed to help you break the habit of being yourself—and become who you truly want to be.

Guided by **Certified NeuroChangeSolutions Consultant Edi Csanalosi**, this workshop draws on the cutting-edge neuroscience of **Dr. Joe Dispenza** and his course **Change Your Mind... Create New Results...**

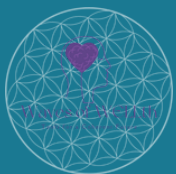
Blending evidence-based change with the embodied practice of **5Rhythms Dance, Bernadette Ryder** offers a physical pathway for lasting neural transformation to fully integrate into the body.





Beginning with a **3-day (21hr) intensive in person training program**, you'll receive practical tools to support **four weeks** of sustained practice, enriched by daily community engagement and 2 guided online gatherings to fully establish your renewed patterns.

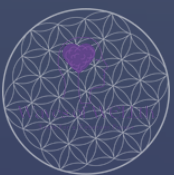
These elements create **NeuroRhythms**: a spacious and grounded container for lasting personal change.



Neuroplasticity Meets 5Rhythms: From Thinking to Moving to Being

This dynamic workshop blends the embodied energy of **5Rhythms**[®] movement with the latest neuroscience and insights from **Dr. Joe Dispenza**.

By merging science with sweat and research with rhythm, it turns understanding into lived experience—rewiring patterns not just in the mind, but in the nervous system. This isn't just inspiration; it's transformation in motion.

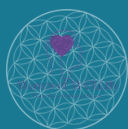




From Insight to Embodiment Rewiring the Brain - Releasing the Body - Becoming the future Self

Lasting transformation comes not from insight alone, but when the body feels what the mind understands. This workshop moves from insight into embodied experience—integrating meditation, neuroplasticity, and conscious movement to help you:

- Break the emotional habits that are stored in your body
- Interrupt automatic stress reactions
- Release held tension and outdated identity patterns
- Regulate your nervous system through rhythm and flow
- Mentally and physically rehearse your future self



What You'll Experience & Learn

- Somatic exploration through the **5Rhythms wave**
- Emotional release and integration
- Nervous system regulation through rhythm
- Community connection and shared transformation
- **Practical tools to sustain change beyond the workshop:**
 - Processes, models and tools for change
 - How the brain works and why this is important for change
 - How the brain alters your perception
 - How the mind body connection works
 - How to break emotional patterns
 - How your personality creates your personal reality
 - How to change habits, learn what they are and create new ones
 - What stress really is and how to transform
 - How to set your energy free and create a life you really love to live in any area of your life
 - How to meditate, to mentally rehearse a new state of being
 - How to access and express your full, creative potential

Who This Is For Apply if:

- You're curious about the process and ready to give it a serious try
- You're ready to make significant changes in your life
- The pain of not changing has become too great
- You've had a wake-up call
- You want to think, act, and feel in new ways
- You're ready to break long-standing patterns
- You've done mindset work but want deeper embodiment
- You're curious about the connection between neuroscience and movement
- You want to feel more alive, present, and powerful in your life



Your Facilitators



Edi Csanalosi

Official Dr Joe Dispenza certified **NeuroChangeSolutions Consultant**. Edi is also an ICF Certified Leadership Coach, NLP Leadership Coach and completed Gabor Mate's year long **Compassionate Inquiry** professional training. She has Functional Medicine Practitioner, Registered Nutritional Therapist and Yoga Teacher (400 hrs) qualifications and has been studying, practicing and teaching all things wellbeing to corporates and individuals for over 10 years.

Bernadette Ryder **5Rhythms® Teacher**

Bernadette Ryder has been teaching 5Rhythms® dance practice since 1998, and she took the first Heartbeat Advanced Practice teacher training in 2006. She is also a certified Yoga teacher and an experienced Counselling Therapist. She is currently a student of the meditation practices of Dr Joe Dispenza.

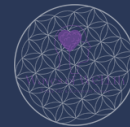




INVESTMENT:



555 GBP/person



Which includes:

- **21-hour (3 days) intensive in person training**
- **30 days of daily community engagement**
- **2 guided 1 hour integration sessions on Zoom**
- **Food at the venue on Saturday and Sunday**
 - **CHANGE YOUR MIND...CREATE NEW RESULTS Workbook** written by Dr Joe Dispenza.
 - **CHANGE YOUR MIND...CREATE NEW RESULTS – 30 Days to Genius Journal**, a powerful guide for the 30 days following the completion of the course.
- **Audio downloadable files** of all videos shown of Dr Joe Dispenza during the course.
 - Audio downloadable files of **two meditations** shared during the course, for your personal use. (Please note these workbooks and meditations are not available for purchase at any other course or event.)

**Full details and online booking:
<https://in-rhythm.com/neurorhythms>**



**FREE introductory webinar
May 3, 2026 @6:00pm
Register here:**

https://us02web.zoom.us/meeting/register/eH8-QYd-Qqqn_7yyAkFt7g#/registration



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