

Mental Athletic Fundamentals

1. Stay in the "NOW".
2. Let it happen naturally.

It is very difficult of any of us to change the way our brains work in any aspect of life, let alone during athletic performance.

Now! There is a proven system that can change your mental game so you can reach your peak athletic potential

NeuroOptimal™ Sport brings peak performance to athletes of all ages.

After just a few training sessions, golfers such as Canadian PGA Professional Scott Hawley, have found improvements in:

1. Mental and physical flow
2. Calmness
3. Being in the moment
4. Enjoyment of the game

Hawley, who plays on the Canadian Professional Golf Tour, says:

"NeuroOptimal™ Golf took away my extra muscle tension, which allowed me to swing better. NeuroOptimal™ Golf also cleared my mind, which helped in decision making. There is a lot of potential in this for any golfer of any ability."

NeuroOptimal™ is not used to diagnose or treat disorders.

We Offer ...

A self-training Personal version of NeuroOptimal™ Golf which includes an internet-enabled netbook pre-loaded with 100 Golf sessions.

623.298.2781 1.800.550.0614
Academy@PennyPulzGolf.com

located at:
Sun City Country Club
9433 N 107th Ave
Sun City, AZ 85351



Penny Pulz

I receive comments of feeling "refreshed", 'rejuvenated' and 'clear headed' after training. It is very gratifying for me to be able to offer this service to others.

NeuroOptimal™ is for everyone who wants to improve themselves.

Penny Pulz GOLF ACADEMY

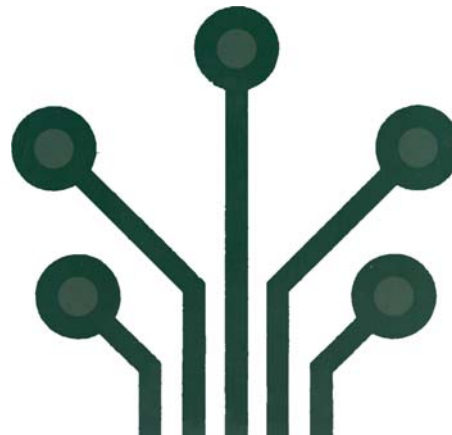


NEUROOPTIMAL™ GOLF
POWERED BY NEUROCARE®



"THE MOST IMPORTANT
DISTANCE ON THE GOLF
COURSE IS THE 6 INCHES
BETWEEN YOUR EARS."

BOBBY JONES



www.PennyPulzGolf.com

1

Do you suffer from "paralysis" by analysis o the golf course?

2

Do you perform well on the range, but fall apart when you play?

3

Do you perform well to realize your golf potential and have more fun?

What is NeurOptimal™ in Sports?

NeurOptimal™ is a highly evolved form of neurofeedback which enables athletes to manage their mental and physical processes more effectively.

Created by Zengar Institue, it is the most advanced neurofeedback technology available today. NeurOptimal™ has been used around the world to improve focus, alertness, flow, calmness and many physical and mental issues. It brings the benefits of peak performance to the athletes to help you play better and enjoy the game more.



How Does NeurOptimal™ Golf work?

During a NeuroOptimal™ Golf Training session, you wear two tiny sensors and some ear clips that record your brain waves. You can sit quietly on a comfortable chair and listen to music while watching a never-repeating fractal image, videos or a movie, or can simply close your eyes and relax. Training happens naturally, you don't have to "do" anything. Your brain is exercising.

The music and the images respond to your brainwaves. The brainwaves that go "off course" create slight interruptions in the audio and video. These interruptions signal the brain to self-correct into a more natural, relaxed, and effective pattern.

After a 35-minute session, you feel refreshed, relaxed and in a higher state of mental alertness and flow.

The effects are enhanced through regular training, with modest improvements after the first two or three sessions and significant benefits after 15 or more sessions.



How NeurOptimal™ Golf can help you?

NeurOptimal™ Golf can diminish stress during golf training sessions. This produces a quiet self-belief internally which is displayed by a calm, smooth confident swing under pressure.

How NeurOptimal™ Golf can help you in life?

- enjoy a general sense of well being
- flexible in thought to explore new ideas
- quality of life improves in a short time

The universal effect of NeurOptimal™ is relaxation, profound relaxation.

Simple, effective and safe system.

A one time "test run" NeurOptimal™ Golf session offered at \$50.

Single session: \$90

- series of 6 sessions, 10% discount
- series of 10 sessions, 20% discount
- series over 10 sessions, \$50 per session



Academy@pennypulzgolf.com

623.298.2781

1.800.550.0614

Located at Sun City Country Club
9433 N 107th Ave, Sun City, Arizona