



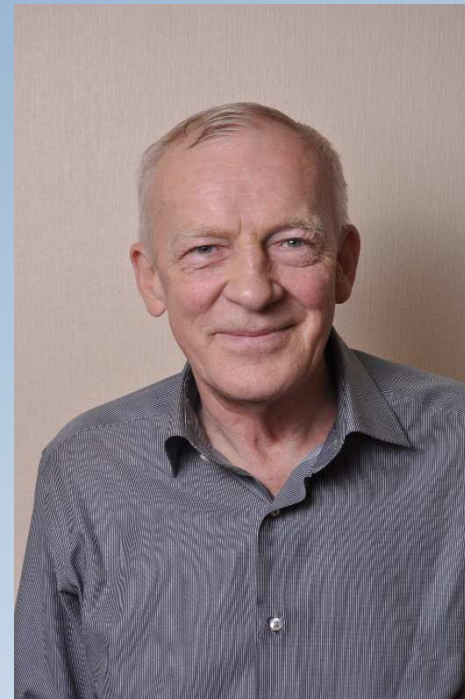
inTime is an organic compilation of original compositions, based on a blend of world music with diverse instrumentation, which accents the power of rhythm and sound frequencies.

- inTime music catalog
- Personalized listening training
- Activities using body, drum, and voice
- inTime Drum & Guidebook

inTime as a part of the neurodynamic program of the Logoprognoz Center St. Petersburg, Russia



Victoria Efimov



Oleg Efimov



The Method

inTime is practiced on a regular basis, 5 days per week. The duration of daily practice and of the overall program depends upon the needs and goals of the listener.



Applications

Ages 2 years through adults

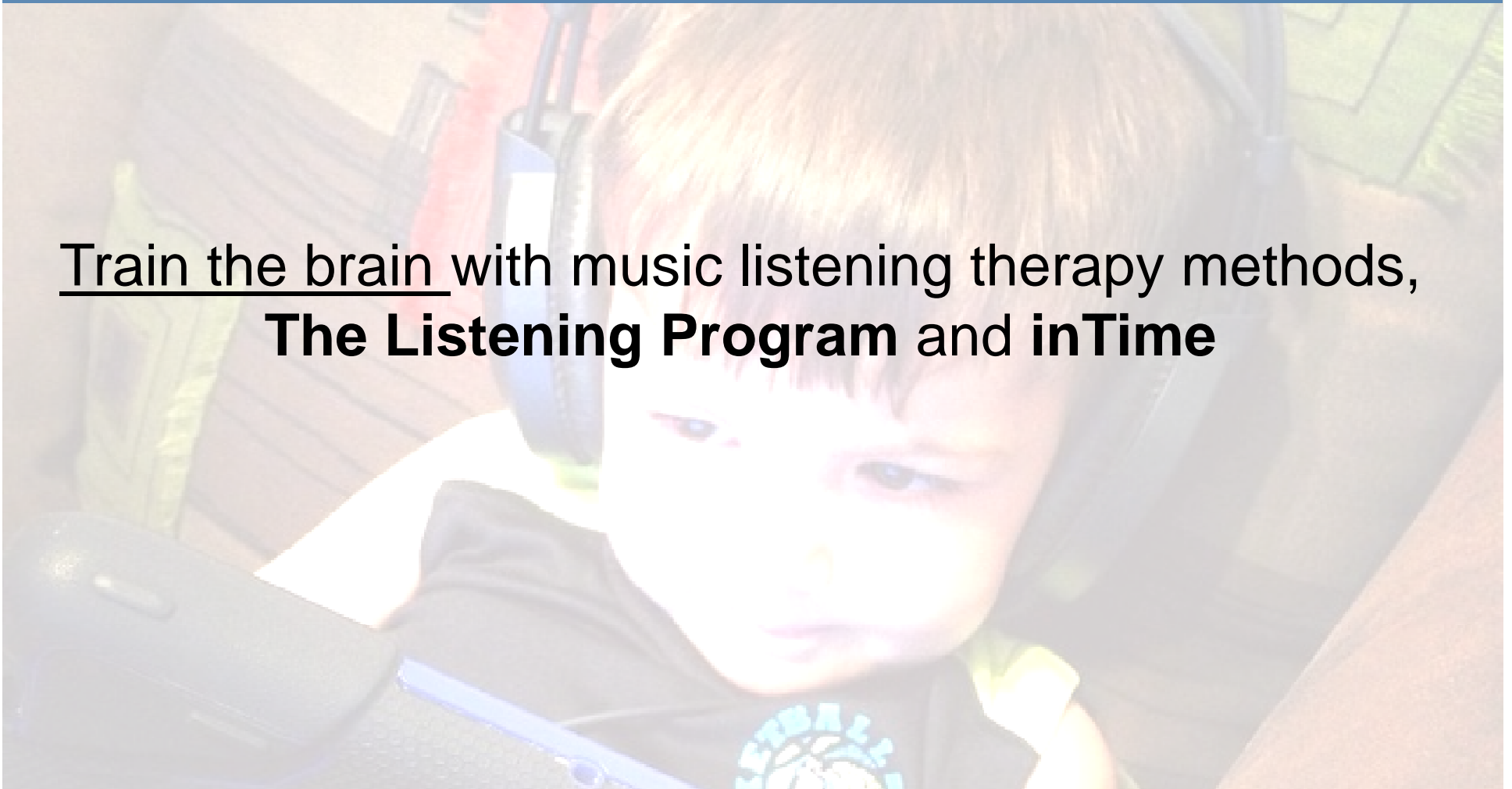
Self-Regulation, Sensory-Motor Function, Interaction

Adaptive responses to stress, body/self awareness, arousal, affective change, activity level, mental alertness, attention, social engagement, coordination, timing, communication, planning/organization, and creativity...

Will these auditory based interventions
be helpful for your child?

Develop and Support a Healthy Auditory System

Train the brain with music listening therapy methods,
The Listening Program and **inTime**



FOREWORD BY **JULIA CAMERON**,
AUTHOR OF *THE ARTIST'S WAY*

HEALING AT THE SPEED OF SOUND[®]

HOW WHAT
WE HEAR
TRANSFORMS
OUR BRAINS
AND OUR LIVES



DON CAMPBELL,
AUTHOR OF *THE MOZART EFFECT*^{*}
AND **ALEX DOMAN**,
FOUNDER OF ADVANCED BRAIN TECHNOLOGIES





Thank You!

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