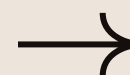

HOW PISTA PROMOTES

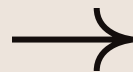
Self-Care



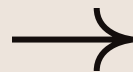


PISTA Therapy is a form of sound therapy that uses binaural beats to help synchronize the brain and bring it into a relaxed state. This relaxed state is known as brain entrainment, which can be utilized to promote self-care.

www.pistatherapy.com



Because the brain is in a relaxed state, it can allow for increased awareness and insight into one's own physical, mental, and emotional state. This can help to reduce stress and anxiety, and allow for more creative and productive thought patterns to emerge.





Additionally, the practice of self-care can be further enhanced by listening to relaxing music or meditating to the binaural beats. This can help to create a sense of balance and relaxation that can be beneficial to one's overall health and wellbeing.