



**PISTA SOUND
METHODOLOGY AND
BRAIN HEALTH**

All the PISTA modalities include applying the PISTA sound technology to improve brain health. Various PISTA treatment modalities utilize visual arts, music, dance, and drama to help you tune in to your thoughts and emotions.

However, PISTA's sound methodology also focuses on the different speeds of sound frequency to direct the brain to an altered state of awareness while concentrating on a specific goal during the process. The most beneficial frequencies can regulate your brain waves and assist in the general intellectual ability for growth, increased cognitive functioning, and mental health.