

*Learn better
and achieve
more.*



Courses for school children and for students and adults who wish to enhance their study results.

SAS-Smart courses include orchestral and piano music plus speech tracks in a structured sequence to achieve the desired outcomes.

The duration of an initial course depends on the individual's needs, but often can be completed within one month.



sas-smart



Attention & Hyperactivity | ADHD

Improves focus and attention span, reduces impulsive behaviour and hyperactivity.



Reading & Writing | Dyslexia

Strengthens interhemispheric communication and promotes more accurate, synchronised and rapid functioning of the temporal sound processing functions in the brain, which form the basis for the integration of language and reading networks.



Comprehension & Memory

Reinforces phonological memory maps through sound-meaning matching and facilitates auditory-visual synchronisation and access to vocabulary in the reading comprehension process.



Behaviour & Motivation

Reduces stress and anxiety and improves time management, planning and decision-making skills. Builds a sense of responsibility and strengthens appropriate interpersonal communication.

Change your Mind
Live your Life

Grow older
with clarity
of mind.



Specific courses for the elderly to improve daily functioning, communication ability and overall quality of life. SAS-Life courses can be used as a preventative application to maintain attention, memory, cognitive or speech skills, or as part of an established rehabilitation process, such as for stroke recovery.

Each SAS-Life course is designed to attain specific, achievable outcomes and the course duration will therefore vary for each client. Programmes can be designed for use whilst awake, or during sleep or even when in coma.





Cognitive Abilities

Sharpens attention, alertness, understanding, memory and verbal response abilities.



Speech & Language

Strengthens auditory processing, improving language comprehension and word-finding abilities.



Emotional Balance

Builds up emotional well-being, regulates behaviour and improves social interactions.



Brain Injury

Supports established rehabilitation practices and enhances physical and linguistic recovery.

Change your Mind
Live your Life

*Start to
enjoy life
again.*



Tailored courses for adults to minimise stress, anxiety, fear or anger, reduce obsessive, compulsive or dependent behaviours, and improve focus, clarity and decision making.

A SAS-Balance course will help people cope with the **challenges of work and private life**, with daily listening sessions of 30 to 60 minutes, often for just 24 days.



 **sas-balance**



Anxiety & Fear

Reduces negative repetitive thoughts and relaxes the body and mind,



Depression

Increases self-confidence, transforming pessimistic emotions into positive energy.



Anger management

Reduces impulsive reactions and strengthens cognitive balanced responses.



Control

Minimises the need to control situations by boosting innate solution-based creativity.

Change your Mind
Live your Life

Boost development and ability.



The fully personalised SAS-Boost courses help children with **neurodevelopmental conditions** such as Autistic Spectrum Disorder (ASD), including Asperger's Syndrome, cerebral palsy and Down's Syndrome.

Initial courses normally last for 24 to 28 days and often are followed-up with additional interventions tailored to the needs of the child. In addition to music and speech the listening sessions may also include frequency, word and time training elements.



sas-boost



Sensory Processing

Improves sensory filtering, reduces sensory overload and enhances integration between the various sensory networks.



Attention & Presence

Promotes awareness of others and the environment, strengthens attention, focus and concentration.



Speech & Language

Stimulates and develops connection paths and processing centres in the brain responsible for speech, language and communication.



Behaviour & Social Skills

Reduces stress, anxiety and repetitive behaviours, and increases social communication by strengthening social-emotional perception and expression skills.

Change your Mind
Live your Life

