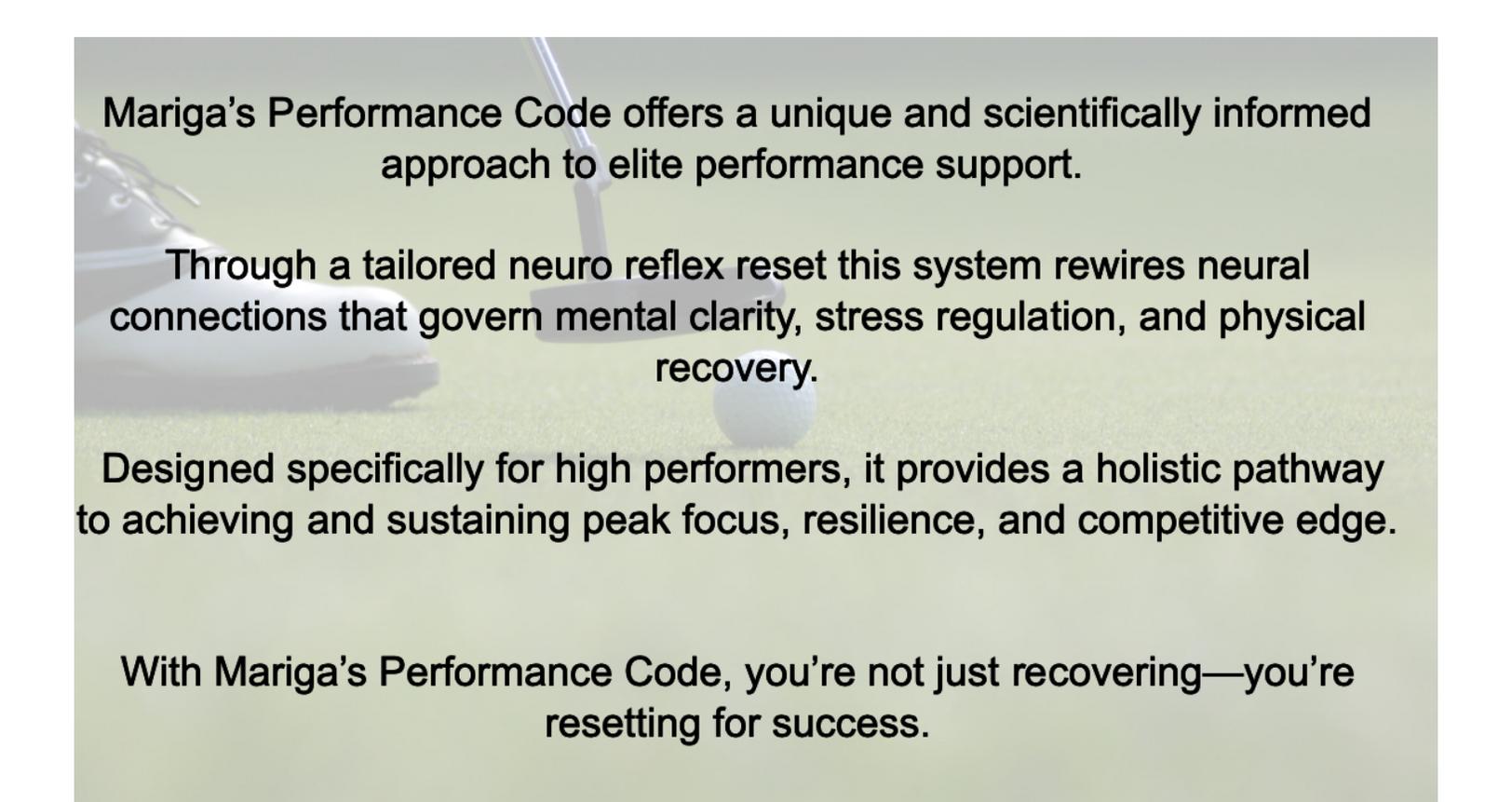




Mariga's Performance Code

Elite Neuro Reflex Reset
for Focus, Recovery &
Resilience

Unlock Your Peak Potential



Mariga's Performance Code offers a unique and scientifically informed approach to elite performance support.

Through a tailored neuro reflex reset this system rewires neural connections that govern mental clarity, stress regulation, and physical recovery.

Designed specifically for high performers, it provides a holistic pathway to achieving and sustaining peak focus, resilience, and competitive edge.

With Mariga's Performance Code, you're not just recovering—you're resetting for success.

Why Neuro Reflexology?

You can't think, talk, visualise, or affirm your way out of blocked nerve signals—there *must* be a physical touch component.

Most mindset issues have a physical element—our thoughts are not just ideas, they're chemical events.

Every emotion we experience triggers a biochemical response, which is normally processed through the nervous system via the parasympathetic (rest-and-digest) state.

But when the system is overloaded, stressed, triggered, or stuck in an emotional feedback loop, these neurochemical signals can become trapped. The result? Physical blockages in nerve communication pathways. These aren't abstract—they can be located and felt through neuroreflexology maps on the face or feet.

This is where Neuro Reflexology offers something different:

By using precise touch to access these blocked areas, and connecting them back to the originating region of the brain, we activate bioelectrical pathways that help the brain re-route and clear the signal. It's like creating a new neural circuit—or restoring a broken one. **The result is a calmer, clearer, more focused mind.**

No more tripping over the same internal blocks.

Neuro Reflexology combines neuroplasticity, neuroscience, and ancient therapeutic touch into a powerful new modality.

It's ideal for athletes and high performers who are ready to break old mental patterns, build new ones, and reach their full potential.

Why Choose Mariga's Performance Code?

- Tailored sessions to optimise your unique nervous system.
- Enhances Mental Clarity & Focus
- Helps you maintain sharp concentration under pressure.
- Accelerates Physical Recovery
- Builds Resilience & Stress Regulation
- Strengthens your nervous system's ability to handle stress and bounce back stronger.

Scientifically Informed & Expertly Delivered
Developed by master practitioner Mariga Sheedy,
blending neuroscience and reflexology for elite
performance.

Ready to unlock your peak potential?

Discover how Mariga's Performance Code can elevate
your game.





NEURO FACIAL REFLEXOLOGY

— by *Mariga* —

METHOD

Lone Sorensen

MASTER THE MIND

Neuro Reflexology Face-Hands-Feet

Integration With Current Practices

Athletes are often supported physically and mentally—but rarely at the **neuro-emotional interface** where performance can falter under pressure, or healing stalls despite training and care.

My work addresses this gap by:

- **Accessing deep-rooted patterns in the nervous system** that impact physical recovery, emotional stability, and mindset
- **Releasing stored tension, trauma, or cognitive fatigue** that often fly under the radar of traditional approaches
- **Restoring high-functioning neural pathways** for greater clarity, agility, and emotional regulation

An Integrative Therapy:

This treatment style integrates seamlessly with physiotherapy, psychology, and coaching—adding a **precise, intuitive edge** that supports both body and mind.

Sessions are highly personalised and will evolve with the client's needs as we progress through the treatments. Think of intensive pre-season or pre-tournament treatment, or as a regular practice throughout the season. I will initially need to work with each individual a minimum of 2 sessions per week to progress.

This work is ideal for:

- **Elite athletes** navigating high-pressure environments
- **Teams and sports academies** seeking an edge in performance and wellbeing
- **Injury recovery clients** requiring emotional recalibration alongside physical treatment
- **Athletes in transition** (return to play, career shifts, major competitions)



NEURO FACIAL REFLEXOLOGY

— by Mariga —

NeuroReflexology Master Practitioner

Authorised
Instructor, Sorensen
International
Reflexology Institute

Mariga Sheedy

NeuroReflexology Master Practitioner

Optimising Athlete Performance Through the Nervous System

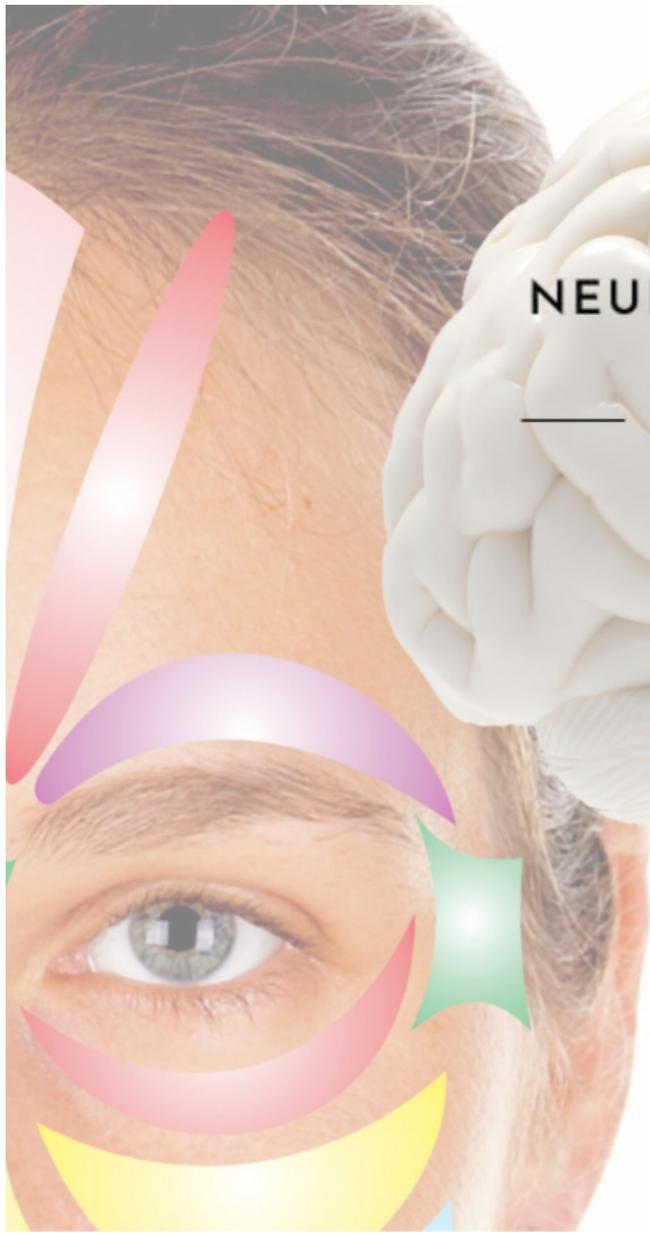
Emotional Balance | Focus Under Pressure | Faster Recovery

With over 35 years in the wellness and mind-body health field, **Mariga Sheedy** specialises in helping individuals reset their nervous systems to achieve greater clarity, emotional steadiness, and physical recovery.

She is a master practitioner and authorised instructor specialising in neuro reflexology, facial reflexology, and holistic performance therapies. Trained extensively across multiple disciplines—including under the world-renowned Lone Sorensen, creator of the original neuro reflexology mindset mastery protocols—Mariga has dedicated her career to integrating cutting-edge neuroscience with traditional reflexology techniques. This led to the development of **Mariga's Performance Code**, a personalised neuro reflex reset system designed specifically for elite athletes and high performers.

With a deep understanding of the nervous system's role in physical recovery, mental clarity, and resilience, combined with a natural gift for intuitive energy work, Mariga blends advanced therapeutic skills with a bespoke approach tailored to each client's unique needs. Her expertise has made her a trusted partner for high performers seeking to optimise focus, accelerate recovery, and sustain peak performance.

Based in Wexford, Ireland, Mariga offers one-to-one and team contract work, travelling regularly for client engagements both locally and internationally. Also available for golf resort/academy seasonal residencies.



NEURO FACIAL REFLEXOLOGY

— *by Mariga* —



METHOD

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