



MidBrain–ThirdEye Activation Center

Activate your Third Eye — Online or Offline, for Kids & Adults

Frequently Asked *Questions*

Midbrain Activation, Third-Eye Activation & Quantum Speed Reading
workshops — a guide for parents & adults

16+

years of experience

17,000+

children & adults trained

4.9★

108 Google reviews

Visit us

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midbrainactivationcenter.com



Everything parents and adults usually ask before joining a workshop with Ms. Shashi Maurya — what we do, how it works, what results to look for, safety, and how to book. Still have a question? Call or WhatsApp us; we are always happy to talk.

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01 About Midbrain Activation

Understanding the concept and the workshop

1 What is Midbrain Activation?

Midbrain Activation is a joyful, activity-based brain-training programme that helps children and adults sharpen focus, memory, sensory awareness, intuition and confidence. In our 2-day workshop, music, games, dance, Brain Gym, Eye Gym, meditation, relaxation and guided concentration exercises are combined into one carefully designed process that keeps participants calm, happy and fully engaged — the ideal state for learning.

2 What is the purpose of the workshop?

To help each participant use more of their natural potential. The workshop trains concentration, observation, listening, memory and visualisation, builds self-belief, and gives participants simple practices they can continue at home so the progress keeps growing long after the two days.

3 How is it different from regular tuition or classes?

Tuition teaches subjects; Midbrain Activation strengthens the learner. Instead of adding more syllabus, we work on the skills that sit underneath every subject — attention, memory, imagination, calmness and confidence. Many parents find that it makes regular studies feel easier and less stressful.

4 Who can attend?

MBA for Kids is designed for children aged 5 to 16 years. MBA for Adults is open to everyone aged 16 and above — students, working professionals, homemakers and seniors. Quantum Speed Reading (QSR) is a separate workshop for children. It is truly a programme for the whole family.

5 Can teenagers attend?

Absolutely. Teenagers often gain the most — especially in concentration, exam confidence, managing stress and study habits. Activities are adapted to their age and interests so they stay engaged throughout.



6 Is the workshop useful for adults too?

Yes. MBA for Adults focuses on focus and concentration, memory, creativity and problem-solving, self-confidence, stress reduction and better sleep, through relaxation, meditation, visualisation and sensory exercises. It is available online or at our centre.

7 What activities happen during the workshop?

Music and movement, concentration games, memory exercises, listening tasks, puzzles, Brain Gym and Eye Gym, visualisation, flash cards, colour and object recognition, meditation and relaxation, and guided blindfold activities. The variety keeps children excited — most are eager to come back for more.

8 Does my child need any special talent or prior training?

Not at all. Every child already has the potential; the workshop is designed for complete beginners and helps each child discover what they are capable of.

9 Is Midbrain Activation religious?

No. The workshop does not follow or promote any religion. Meditation, relaxation and visualisation are used as simple, universal mind-training techniques, and children from every background attend happily.

02 Why choose MBAC

Experience, trust and support you can count on

10 Who conducts the workshop?

Every workshop is personally conducted by Ms. Shashi Maurya — an internationally certified, IPHM-registered Master Brain Trainer with 16+ years of experience who has trained 17,000+ children and adults since 2011. Your child learns directly from the founder, not from a junior assistant.

11 What makes your workshop different from others?

Three things: experience, care and follow-through. Over a decade of refined methods; a warm, supervised and child-friendly environment where every child gets attention; and support that continues after the workshop through a home-practice routine and a follow-up review. That is why families rate us 4.9★ on Google and keep recommending us to relatives and friends.

12 What do other parents say?

Parents most often tell us their child became more focused, calmer, more confident and more interested in studies — and that their child enjoyed every minute. You can read real reviews on our Testimonials page and on Google, and watch workshop videos in our Gallery.



13 Is there a money-back guarantee?

Yes — we stand behind our programme. If the participant attends the full workshop, completes the 30-day guided home practice and the follow-up review, and shows no improvement in focus, memory or confidence, we refund the workshop fee. See the Money-Back Guarantee page for the full terms.

14 What support do we get after the workshop?

You do not go home alone. Every participant receives a simple daily home-practice routine, a follow-up review session with the trainer, and guidance on WhatsApp whenever you have a question. This continued support is what turns a 2-day experience into lasting results.

03 How it works — the science

The brain, learning and why the method works

15 What is the midbrain?

The midbrain is part of the brainstem. It helps us turn our eyes and attention towards things, locate sounds, stay alert, coordinate movement, and it produces dopamine — the brain's motivation-and-reward messenger. It works as a busy junction connecting many other brain areas, which is why balanced, whole-brain activities are at the heart of our method.

16 Is the method based on science?

Our method is built on well-researched principles: the brain keeps changing with practice (neuroplasticity); meditation improves attention and working memory; music training shapes young brains; physical activity supports attention and learning; and focused play improves children's self-control. Midbrain Activation brings these together in one structured programme. Our About MBA page lists the published studies behind each element.

17 What is neuroplasticity, and how does the workshop use it?

Neuroplasticity is the brain's ability to build new connections and strengthen the ones we use often — like a footpath that becomes clearer the more it is walked. The workshop gives the brain new, engaging challenges, and the 30-day home practice repeats them regularly, which is exactly how new skills become strong and lasting.

18 What happens in the brain when a child concentrates?

Several brain networks work together — for attention, working memory, sensory processing and self-control — to pick out what matters and ignore distractions. Like a muscle, this ability grows with the right exercise, and our concentration games and Eye Gym are designed to give it a good workout.



19 What does “Third Eye” mean?

“Third eye” is a traditional term for intuition and inner awareness. We use it in that sense — to describe a calm, focused mind that notices more and trusts its inner sense. It does not refer to a physical organ, and the workshop involves no religious practice.

20 Can children really identify objects while blindfolded?

All of our students learn to identify colours, objects and pictures while blindfolded — and parents watch this for themselves on Day 2. It is a skill that develops through deep relaxation, sensory training and regular practice, so some children show it during the workshop and others develop it over the following weeks of home practice. Blindfold activities are only one part of the programme; the everyday gains in focus, memory and confidence are what matter most.

21 Does it increase IQ?

We do not promise an IQ number. What we work on are the abilities that drive real-life success — concentration, memory, creativity, problem-solving and confidence. When these grow, children usually learn faster and with more enthusiasm.

04 Benefits & results

What families typically notice

22 Can it improve concentration?

Improving concentration is one of the main goals of the workshop and the change parents notice most often. Our focus games, Eye Gym and meditation train the mind to stay on one task, and daily home practice helps that focus carry over to homework and studies.

23 Can it improve memory?

Yes. Memory games, visualisation and recall exercises teach children practical memory techniques — like turning information into vivid pictures — that they can use for spellings, tables, definitions and exam revision.

24 Can it help my child read faster?

Our Quantum Speed Reading (QSR) workshop is designed specifically for this. Children are trained to read faster while improving retention, concentration and visualisation — because reading well means both speed and understanding.

25 Will it help with studies and marks?

Better focus, memory, confidence and calmness make studying easier, and many parents report more interest in studies and less homework stress. Marks also depend on schooling, regular study, sleep and many other factors, so we see the workshop as a powerful boost to your child’s learning rather than a replacement for it.



26 Can it boost creativity and problem-solving?

Yes. Imagination exercises, visualisation, puzzles and open-ended challenges encourage children to think in new ways, look at problems from different angles and trust their own ideas.

27 Can it help a shy child become more confident?

This is one of the most rewarding changes parents see. Completing new challenges, being encouraged in a friendly group and discovering “I can do this!” gives shy children a real boost in self-belief, and that confidence shows at school and at home.

28 Can it help a child who gets distracted easily?

Yes — the workshop gives structured, enjoyable practice in focusing on one thing at a time and calming the mind. If your child has a diagnosed attention difficulty, the workshop works well alongside the support your child already receives; please tell us beforehand so we can guide them better.

29 How soon will we see results?

Many parents notice a difference during the workshop itself — a calmer, more focused and more confident child. Deeper changes usually build over the next 30 days of home practice. Every child blooms at their own pace: some show remarkable progress quickly, others take a little more time.

30 Will the benefits last?

Skills that are practised become habits. That is why every participant leaves with a simple home-practice routine and gets a follow-up review. Children who keep practising keep the benefits growing.

31 Will every child show the same results?

No two children are alike, so results differ in speed and style. What we promise is a caring, well-designed environment where every child is encouraged to grow — and a money-back guarantee if you follow the programme and see no improvement.

05 Safety & individual needs

Your child's comfort always comes first

32 Is the workshop safe for children?

Yes. All activities are age-appropriate, gentle and conducted under the personal supervision of Ms. Shashi Maurya in a clean, child-friendly space. Participation is always voluntary, and children can take a break whenever they need one.

33 Are blindfold activities safe for the eyes?

Yes. We use clean, soft, comfortable blindfolds for short periods only. Blindfold activities are done while seated or in a clear, supervised area, and no child is ever forced to wear one.



34 Will my child be forced to do an activity they are scared of?

Never. We respect every child's comfort. Hesitant children are encouraged gently, can watch first and join when ready, and are always free to pause or opt out.

35 Can children with ADHD, autism, dyslexia or learning difficulties attend?

Many children with different learning needs have enjoyed our workshops. Midbrain Activation is not a medical treatment and is not a replacement for therapy or professional care — it works alongside it. Please share your child's needs with us before enrolling so we can advise honestly whether the workshop suits them and how to support them.

36 Can a child with anxiety or sensory sensitivity take part?

Often, yes — the calming music, relaxation and meditation are especially soothing for anxious children. Let us know in advance; we will help your child settle in, allow breaks, and offer alternatives where needed.

37 Can children with glasses or hearing aids attend?

Yes. Children may keep using their glasses or hearing aids whenever appropriate. Just tell us about any visual, hearing, mobility or sensory needs before the workshop and we will make the necessary adjustments.

06 Workshop details & booking

Batches, timings and what to expect

38 How long is the workshop?

Each workshop is a focused 2-day programme, followed by about 30 days of short daily practice at home and a follow-up review with the trainer. Batch dates and daily timings are shared when you enquire.

39 How many children are in a batch?

We keep batches small enough for Ms. Shashi Maurya to give every child personal attention, especially during sensory and blindfold activities. Ask us about the size of your batch when you book.

40 Can parents stay or watch?

Parents are welcome on Day 2 to see their child's progress for themselves. For younger children we will guide you on whether a caregiver should stay nearby. For online workshops your child attends from home, so you are always close by.

41 What should my child bring?

Comfortable clothes and a water bottle. We provide everything needed for the activities and will let you know in advance if anything else is required for your batch.



42 Can we see a demonstration before enrolling?

Yes — call or WhatsApp us to discuss your child and ask about an orientation. You can also watch real workshop videos in our Gallery and read parents' experiences on the Testimonials page.

43 How will I know the workshop helped my child?

Watch everyday life: concentration during homework, remembering what was learnt, interest in studies, calmness and confidence. The follow-up review with the trainer gives you a clear picture of your child's progress and guidance for the next steps.

44 What are the fees?

Fees depend on the workshop and mode (online or at the centre) and are shared on enquiry, together with the upcoming batch dates. Call or WhatsApp us and we will send you complete details, including what is included and our money-back guarantee terms.

45 Can you conduct a workshop at our school, society or in our city?

Yes. If you can arrange a group of students, Ms. Shashi Maurya can conduct the workshop at your school, society or venue in your city — anywhere in India. Call or WhatsApp us to plan it.

46 Can I become a Midbrain Activation trainer or open a franchise?

Yes. We offer a Midbrain Activation Teacher's Training Course and three ways to partner with us — Program Partner, Teacher Partner and Franchise Partner. Visit our Franchise page or contact us to know more.

07 Online options, location & contact

Where, how and when to reach us

47 Are online workshops available?

Yes. MBA for Kids and MBA for Adults can be attended live online from anywhere in India (and abroad) or at our centre in Mulund, Mumbai. Online batches follow the same process, with the trainer guiding every step. Quantum Speed Reading (QSR) is conducted at the centre.

48 What is Quantum Speed Reading (QSR)?

QSR is a separate 2-day workshop for children based on a Japanese-developed technique. Children learn to read faster while improving memory retention, concentration, visualisation, creativity and confidence.

49 Where are your centres?

We have centres across Mumbai, Navi Mumbai, Pune, Nashik, Bhiwandi, Kalyan and more, so there is likely one near you. Our head office is at MidBrain-ThirdEye Activation Center, 147/291, Powai Chowk, Behind Jai Bharat School, Mulund Colony, Mulund (W), Mumbai – 400 082. Call or WhatsApp us to find the centre closest to you.



50 How do I enquire or book?

Call or WhatsApp +91 98208 89783, email reachmbac@gmail.com, or fill in the booking form on our website. We are available 10 am – 6:30 pm; please call or WhatsApp before visiting. Seats in each batch are limited, so we recommend booking early.

A message for parents

Every child deserves the chance to discover how capable they truly are. At MidBrain-ThirdEye Activation Center, we nurture that discovery with patience, encouragement, joyful activities and individual attention — and we stay with you after the workshop to keep the progress growing. Come, meet us, ask every question you have, and give your child an experience they will remember.

✓ Personally conducted by Ms. Shashi Maurya
— 16+ years, 17,000+ students

✓ Rated 4.9★ by families on Google

✓ 30-day home-practice plan and follow-up
review included

✓ Backed by our money-back guarantee

Call / WhatsApp +91 98208 89783

Book at midbrainactivationcenter.com

Last updated 23 October 2026. Workshop details, fees and guarantee terms are confirmed at the time of enrolment.

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