

Nasreen Ma

Brain Health & Body Wellness
Consultant





Nasreen Ma is the founder of Meaningful Activation - a holistic brain health and body wellness consultancy. As a professional certified brain health coach and a guild-certified Feldenkrais practitioner, she uses a collective approach that includes the Feldenkrais method, specifically coordinated movements, vibrational energy, nutrition & supplementation to help individuals connect with themselves and their environment, to overcome various life challenges.

Anchoring on 16 years of research and practice while running a children's brain and body foundation-building school for a decade, she has conducted countless consultation sessions and corporate talks with encouraging results.

Nasreen's practice allows for a more discerning view into the unseen possible triggers within the brain and body which helps to address challenges more effectively. She is passionate about educating people about going back to basics to build a stronger brain and body foundation no matter the age. Her clients range from babies to the elderly.

In addition to honing her own parenting skills as a mother of two daughters, Nasreen's journey has also supported how she manages her own challenges with ADHD.

Nasreen is available for private consultations, group sessions, corporate talks, training and workshops.

Areas Of Expertise



Developmental stimulation for Infants and toddlers



Knowledge sharing with teachers, schools and corporates



Programme & environment planning for effective early learning



Parenting support



Support for neuro-diverse individuals in managing challenges and identifying strengths



Support for individuals struggling with physical, emotional & mental challenges

Areas Of Expertise



Pre-Parenting Pep-talk (PPP)

The PPP is designed to share information that could potentially reduce the chances of your child/ren falling through the gaps, provided the advice is seriously considered and acted upon. “I wish I knew all this” is a phrase we hear too often during our consultation sessions, which is why this session covers:

- Dos and don'ts with babies both in and out of the womb
- Baby's brain stimulation
- Observation skills in infants' movements
- Adults' subconscious life patterns that may jeopardize effective parenting
- Participants' concerns and questions in the areas of a child's first year of life, and many more.



Brain & Body Connection (BBC)

The BBC session helps adults get back on track by reconnecting and reactivating their system from a brain health perspective that is highly dependent on the physical body's stimulation through movements. The effects of the Feldenkrais method address the challenges that arise from stress or trauma which may cause mental and emotional instability in some people. This session supports the regulation of the inner struggles that affect us. Coupled with some nutritional guidelines, one can begin to realign and reconnect back from within themselves and reap the benefits of a more meaningful existence.

Areas Of Expertise



Brain and Body Foundation Building (BBFB)

Our BBFB sessions have the potential to enhance academic learning and life skills in all children and teenagers. This will help those with behavioural or learning challenges build a stronger foundation for future development and growth. The following are 3 key areas we work with to support the foundation building of any child.

- Specific coordinated movements
- Nutrition & supplementation
- Connection & communication



Knowledge Sharing in Schools, Academic institutions, and Corporate offices

We love sharing knowledge that could be easily applied and practiced.

Sharing is never really a one-off session. We ensure follow ups and monitoring of practices on a regular basis should the organization take on the recommended solutions to support all stakeholders.

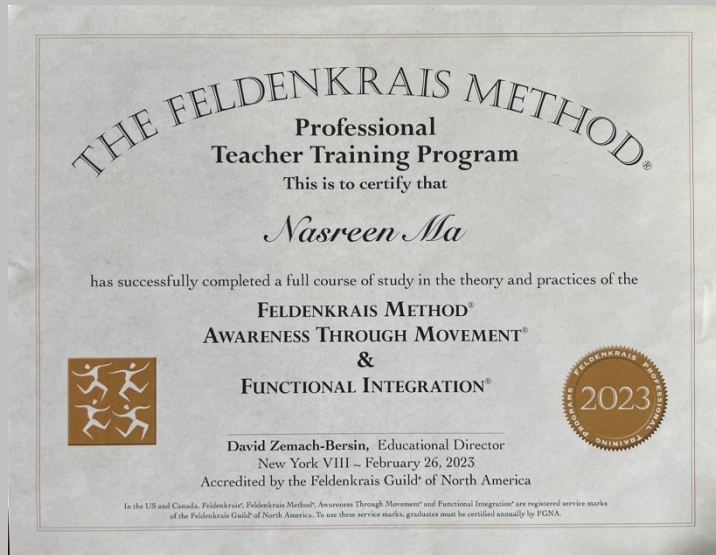
Every case would be uniquely planned to best suit the needs and requirements of every organization.

Certifications

August 2017 - February 2023
 Guild Certified Feldenkrais Practitioner & ATM teacher
 Feldenkrais Professional Training Programme, Feldenkrais Institute New York

July 2018 - February 2020
 Professional Brain Health Coaching Certification
 Amen University (Online Course)

January 2015 - December 2015
 Primitive Reflex Practitioner
 Rhythmic Movement Training International



Professional Attachment & Associations

Apr 2021 – Current
Brain Health & Body Wellness Consultant
Meaningful Activation

October 2022 – March 2023
Consultant & Trainer
HRDCorp & RHB-Aussimilate Programme

April 2018 – April 2020
Health & Wellness Consultant
DRB-HICOM (WeCare Programme)

December 2010 – June 2020
Founder, Principal, Consultant
Tadika Daya Bestari



Engagements & Talks Presented In The Last 2 Years

26 April 2023

Understanding Brain Health

Suva Physio Centre, Fiji (Speaker)

26 April 2023

Responsibility In Promoting The Successful Employment Of A Neurodivergent Colleague

T'nG & T'nG eWallet Sustainability Chat Series (Speaker & lunch provider)

30 March 2023

Embracing Self-Acceptance and Striving for Personal Growth

iEmbodyMe (Panellist)

21 March 2023

Employer Readiness Programme

Understanding Neurodiversity and Supporting Neurodiverse Employees

T8 Capital, HRDCorp & Microsoft Collaboration (Speaker)

16 October 2022

Your Health Is At The Mercy Of Your Emotions

Body Perfect Power of Pink Breast Cancer Awareness event (Speaker & event partner, Sheraton PJ)

26 February 2022

Movement, Nutrition, Connection

Rare Disease Malaysia Family Gathering (Talk, online)

4 December 2021

Brain Health Training for Parents and Educators

ISEE - Special Needs Education Conference (Speaker, International online conference)

10 July - 31 October 2021

Preventing Future "I Wish I Knew" - 10 sessions

Meaningful Activation (Sharing, FB & IG Live)

28 October 2021

Parents' Wants VS Children's Needs

SC Johnson (Talk, online)

28 October 2021

Brain Health for Mental Health

Accenture (Talk, online)

12 October 2021

Celebrating World Mental Health Day - My Mind Matters

Accenture (Panellist, online forum)

28 August 2021

Understanding Brain Health

AFS Volunteer Sharing Series (Talk, online)

29 July - 1 August 2021

Brain Health Training for Parents & Educators

Breakthru International Conference Malaysia (Speaker, international online conference)

Past Topics & Features Between January – June 2021

- A Mother's Mindset - Raising Children to Thrive & Learn (Hearts & Minds, live interview, online)
- Pandemic Parenting – Mothering Ourselves While Mothering Our Children (DRB, online talk)
- The Balancing Act – Pandemic Parenting with Datuk Nicole David (AIA online sharing)
- Parents Wants VS Children's Needs (talk)
- Nurturing Mindset (Digital feature in Rare Magazine)



HEALTHIER. LONGER. BETTER LIVES.

FREE ADMISSION

DATUK NICOLE DAVID
AIA AMBASSADOR

NASREEN MA
BRAIN HEALTH COACH

**THE BALANCING ACT:
PANDEMIC PARENTING**

12 MAR | FRI | 8:30 PM

#AIAStrongerTogether



Preventing Future "I Wish I Knew" Series

Tune in LIVE on  

Sunday, 31 October at 1:30 pm (GMT +8)

Photo by Migs Reyes from Pixels

Have your questions answered directly by
Founder & Brain Health Consultant, Nasreen Ma
Join us every last Sunday of the month on
Meaningful Activation's Instagram & Facebook Page

MEANINGFUL ACTIVATION



Join our volunteer sharing session


**UNDERSTANDING
BRAIN HEALTH**

28 AUGUST 2021
SATURDAY
11.00AM - 12.30PM

REGISTER NOW AT:
bit.ly/VSS_4

Speaker:
Nasreen Ma
Year Program to Switzerland
1996/1997

 AFS
Antarabangsa
Malaysia



DRB-HICOM

In conjunction with International Women's Day

PANDEMIC PARENTING
'Mothering ourselves, while mothering our children'

Parenting in a pandemic can be a struggle. But struggle is normal and you don't have to feel bad about it. Before you can succeed in nurturing your children and changing the world, you need to learn to nurture and care for yourself first. How do you do that? Join this talk to learn more on how to help you and your children cope during this pandemic.

29 March 2021 | 10.30 AM | Google Meet

Scan the QR code for registration

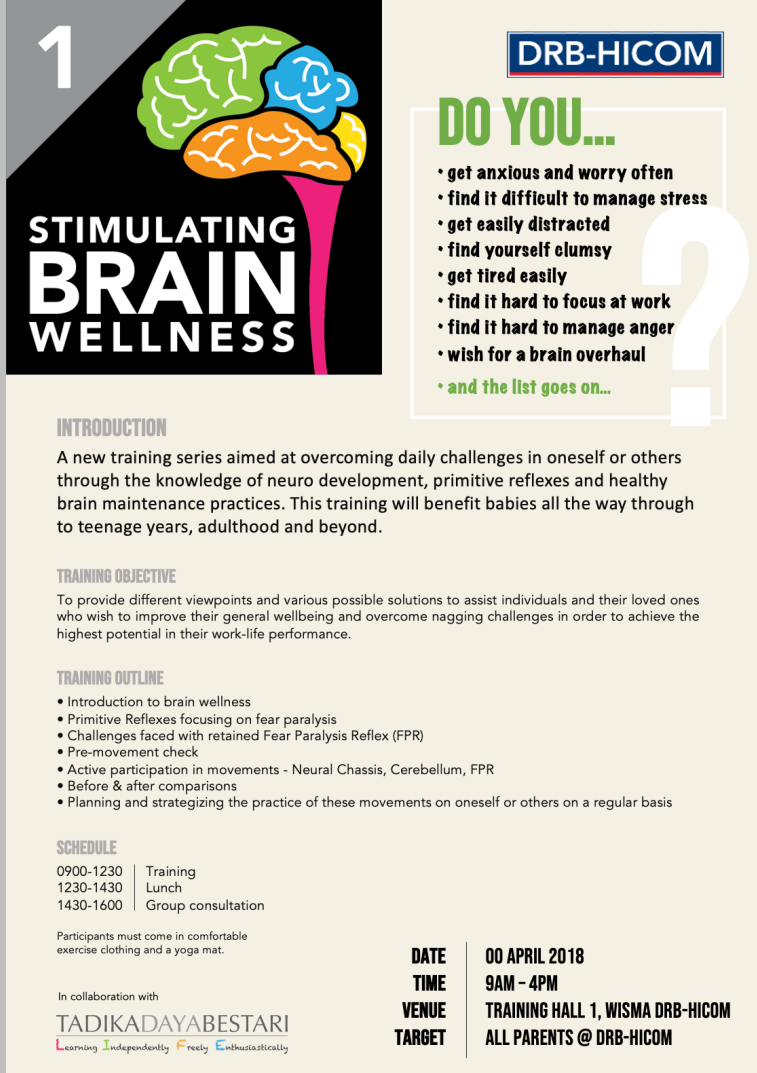


NASREEN MA
A certified brain health consultant currently running her own consulting practice - Meaningful Activation - focusing on training for parents and teachers to spread the knowledge on brain health and its effects on all of us, especially growing children. Nasreen applies the cumulative knowledge and experience throughout a decade-long running of a pre-school she founded in 2010, and the continuous journey in supporting children's development. Having been trained in areas of primitive reflexes, the Feldenkrais Method (ATM), Nasreen has much to share in the areas of nutrition and brain health in relation to parenting in our modern lives.


GROUP HUMAN CAPITAL

Topics, Features & Training Conducted Between 2010 - 2020

- Your Child's Brain Health And Development (talk)
- Good Food For You And Your Kids (talk)
- Brain Wellness (talk, consultation)
- Discover Your Child's Inner Best & Natural Potential (talk)
- Understanding Brain Health (talk)
- CSR Project Train the Trainers (training at SCSOA)
- Healthy Food, Healthy Family (lunch talk)
- Brain Wellness (talk)
- Dyslexia And Hyperlexia (TV3, Hello Dr. Live Show,)
- Innovating Brain Wellness Into School Curriculum (talk)
- Nutrition & Wellness (talk)
- Feed Your Brain (practical breakfast preparation workshop)
- Stimulating Brain Wellness (talk)
- Tickling The Brain With Primitive Reflex (talk & demonstration)
- Self Awareness & Self Improvement (talk & training)
- When Special Becomes The Norm, Are We Ready? (talk)
- An Introduction To Primitive Reflex (talk)
- Parents Wants VS Children's Needs (talk)
- How To Help Your Child Prepare For Formal Education (talk)
- Wellness - A Perspective Through the Basic Understanding Of Neuro Development (2-Part talk & training)
- Kosmo - Merangsang Otak (Newspaper feature)



1



**STIMULATING
BRAIN
WELLNESS**

DRB-HICOM

DO YOU...

- get anxious and worry often
- find it difficult to manage stress
- get easily distracted
- find yourself clumsy
- get tired easily
- find it hard to focus at work
- find it hard to manage anger
- wish for a brain overhaul
- and the list goes on...

INTRODUCTION

A new training series aimed at overcoming daily challenges in oneself or others through the knowledge of neuro development, primitive reflexes and healthy brain maintenance practices. This training will benefit babies all the way through to teenage years, adulthood and beyond.

TRAINING OBJECTIVE

To provide different viewpoints and various possible solutions to assist individuals and their loved ones who wish to improve their general wellbeing and overcome nagging challenges in order to achieve the highest potential in their work-life performance.

TRAINING OUTLINE

- Introduction to brain wellness
- Primitive Reflexes focusing on fear paralysis
- Challenges faced with retained Fear Paralysis Reflex (FPR)
- Pre-movement check
- Active participation in movements - Neural Chassis, Cerebellum, FPR
- Before & after comparisons
- Planning and strategizing the practice of these movements on oneself or others on a regular basis

SCHEDULE

0900-1230	Training
1230-1430	Lunch
1430-1600	Group consultation

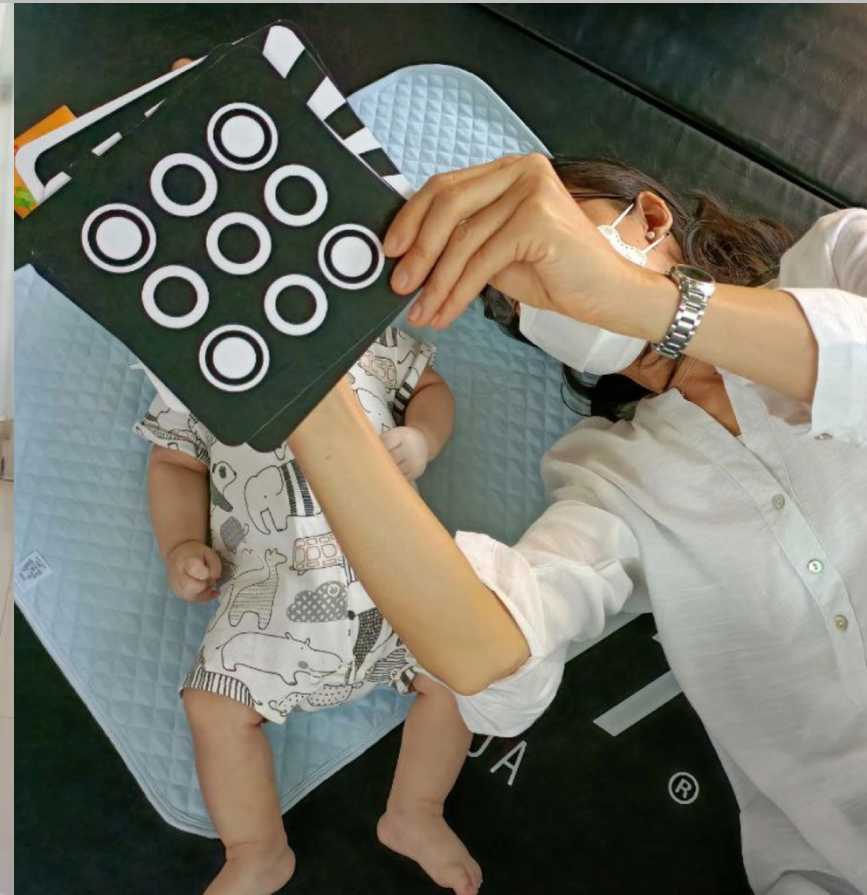
Participants must come in comfortable exercise clothing and a yoga mat.

In collaboration with

TADIKADAYABESTARI
Learning Independently Freely Enthusiastically

DATE	00 APRIL 2018
TIME	9AM - 4PM
VENUE	TRAINING HALL 1, WISMA DRB-HICOM
TARGET	ALL PARENTS @ DRB-HICOM

Testimonials



I've seen a lot of improvements since I've sent her for Brain & Body Foundation Building sessions at Meaningful Activation. Alhamdulillah. Her core strength has improved, she is now crawling - she didn't want to before this, and skipped crawling during infancy. She has overcome her fear of heights and enjoys hanging upside down now. She has started to vocalize words too. These are small milestones but to us, mothers of Down's Syndrome, small does matter.

Liana

Brain & Body Foundation Building



While at 9 months pregnant, my husband and I were going into parenthood feeling scared and thinking we would have no control once the baby arrives. After attending the Pre Parenting Pep Talk with Nasreen, it was a huge sense of relief learning what's to come, how to embrace our parental instincts and through it all - feeling supported in our journey. The both of us feel a lot less afraid about this journey into parenthood so truly thank you for that! There's definitely a huge sense of relief with the guidance you've given us on what we can do when baby arrives.

Summer

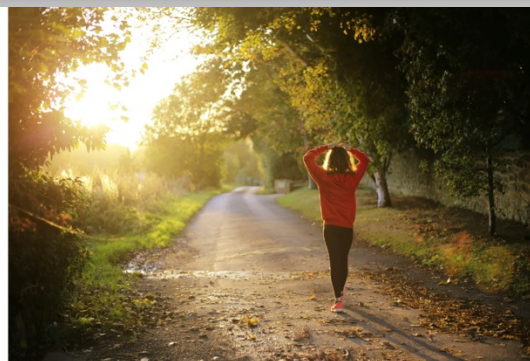
Pre-Parenting Peptalk



When I was struggling with an autoimmune issue, Nasreen's advice saved my life. I trust her completely with my health and well-being, and she is one of the kindest and most caring people I know.

Rozella M.

Brain & Body Connection



My son has a rare blood disorder called Met (H) Type 1 that compromises his immunity, muscle tone, sensory and cognitive abilities. I have seen him benefit from your consultation from the first time we met when he was 5. Today he is 16 years old and remembers Aunt Nasreen as the one who truly understands what he needs. He has learnt how to manage and control his body movements and coordination, which has enhanced his emotional development and other abilities. We are still seeing surprises almost every time he finishes a foundation building session. The day he found his hips, he coined you as 'The most famous hip-finding teacher in the world'.

Kartina A.

Brain & Body Foundation Building



I took interest in Nasreen's FB post about ADHD as it was very similar to my son, James', symptoms. He couldn't focus even though I know he is trying very hard. He would also throw tantrums when asked to practice the piano. After consulting with Nasreen, I realised James may be struggling from the aftereffects of a previous concussion that was brushed aside. After 2 weeks of implementing Nasreen's advice and supplements recommendations, I noticed that James has been rather calm and hasn't thrown a tantrum or cried. Since then he has improved in his studies and can focus better too. I'm so thankful to have stumbled across Nasreen's post, as I wouldn't have known who to speak to nor how to help my son.

Claire C.

Brain and Body Foundation Building



8 Sept 2021



28 Sept 2021



26 Oct 2021



"I have better focus, I can finish my work faster, and I am more energetic!"

From struggling with retaking the IGCSE,
he is now enrolled in a psychology course with heightened self-esteem and confidence.

33-years-old – Anxiety & Depression

Hi Nasreen, hope you have been well & had a rested weekend. Good morning & Happy Monday. Would just like to say thank you for your help in recommending me the supplements i.e. Vitamin B, Niacin (I believe they really helped)... I'm not saying I'm completely happy every day... But I feel more normal, able to think more clearly & able to work on difficult emotions when they arise... Whenever things get hard, I try & remind myself to slow down & let go & to exercise... I think the saffron helped a lot too (but it is rather expensive hahaha)... Thanks again Nasreen

8:42 AM

You

Oh wow... I am so happy to hear that ! Well done to you too for keeping at it! If you want mor...

Thank you Nasreen, I think I feel more normal about a month already now... & it's around the time I started consuming Happy Saffron... will think about it because I also know it's expensive on my wallet & will be weighing out my options, thank you :)

9:09 AM

8 August 2022

Widow supporting her 8-year-old autistic son, two young daughters, while disciplining her 14-year-old teenage adopted son.

Assalam nasreen.. here is my feedback on adam after a few session with you.. Alhamdulillah, everytime I bring him n sisters to see u.. I can see a lot of improvement on him. Every movement that u ask me to do with..i do without missed unless when me or kids are not well.. 😊
For balancing movement.. Adam can balance his body better than before without falling down.. every step of movement that you show to me.. that I'm supposed to do with kids..I do without fail as per your advised.. Alhamdulillah I can feel n see a lot of improvement on adam.. At night, I will massage him macam apa yg u ajar..i pon massage adam sisters. I can see adam lebih calm lepas I massage.. we also do lazy 8 together..

7:25 PM

Slps jmpa u last yr..muiz terus berenti merokok..kalau x setiap mlm dia akan curi2 keluar utk merokok, xkisah langsung kene marah sbb nk merokok..dan x ponteng sekolah. Kalau dia xnk pergi sekolah..dia akan mintak izin I utk stay dekat rumah..tahun ni langsung xde ponteng sekolah, even result dia ada peningkatan compare last year dan dia rajin buat homework..xde la buku pon kosong jer mcm last year..

7:49 PM

Adult struggling with migraines since university years.

Inbox - TDB Nasreen 30 January 2019 at 6:12 PM
RE: Session 1
To: Nasreen Ma
Hi Nasreen,
Sorry for my late reply due to many adhoc works that need to be done. Could I just give the testimonial via email and below is my testimony:
"After I met with Nasreen and practice on what she advised to prevent my migraine by controlling my stress, emotions and nutrition, I don't experiencing migraine anymore and body is feeling healthy without feeling easy to feel tired or sick".
Warmest regards,

Supporting a cerebral palsy child using a combination of primitive reflex and the Feldenkrais method.



Before
22 August 2015



After
22 August 2015



24 October 2015

Parent of teenage son (16yo) after a suicidal attempt.

Dear Nasreen,

Selamat Hari Raya to you nad family!
I hope you are having a great celebration.

Just to share a bit on [redacted] progress; after seeing you, [redacted] did a brain training course with [redacted] from [redacted] for a good 2-3 months. Somehow, it helped him to understand how his brain functions, and knows his trigger points (which is actually lack of sleep! and also apparently he wants to do a lot of things at one time, so focus pun hilang).

Not too sure if I have shared with you that [redacted] scored 160 for his Mensa Test and is now a member of Mensa Malaysia. Hence all the misbehaviour and confusion.

We searched high and low for the right school for him. But most of the schools are either expensive or just refused to enrol him due to his age (he is 16) , saying that it is too late for him to change to Cambridge Syllabus.

We managed to enrol him to [redacted], and to my surprise, the [redacted] is a psychologist, and also one of the examiner/marker for MENSA.

[redacted] is enjoying his new school, involved with the debate team and made his first public speech, only within two months. :)

I would like to thank you, for opening our eyes and educate us. I don't know how to thank you enough.

47-years-old. Easily agitated, tense, various serious physical injuries throughout childhood and adulthood.

Mon, Jul 18

Morning will send you my thoughts on the session later...In summary something has happened during the session. I do believe electricity/electric frequency can alter ones cell structure provided its done by someone who truly understands the trade. Based in that session i do believe you are the one to guide me for this stage i.e. guide, counsel and heal. Thx and have a wonderful day ahead 🧡🌈🌈 7:29 AM

Fyi this is the most intense healing crisis ever. You did a good job and unearthed some really stuck stuff. No reply required 12:15 PM

23 July 2022

Sat, Aug 20

Wow that was some healing yesterday. Struggled to drive back. Could hardly keep my eyes open. Probably next time I just enquire I could be left to rest up first...lol 7:04 AM

Came back showered and crashed by 8 i think 7:04 AM

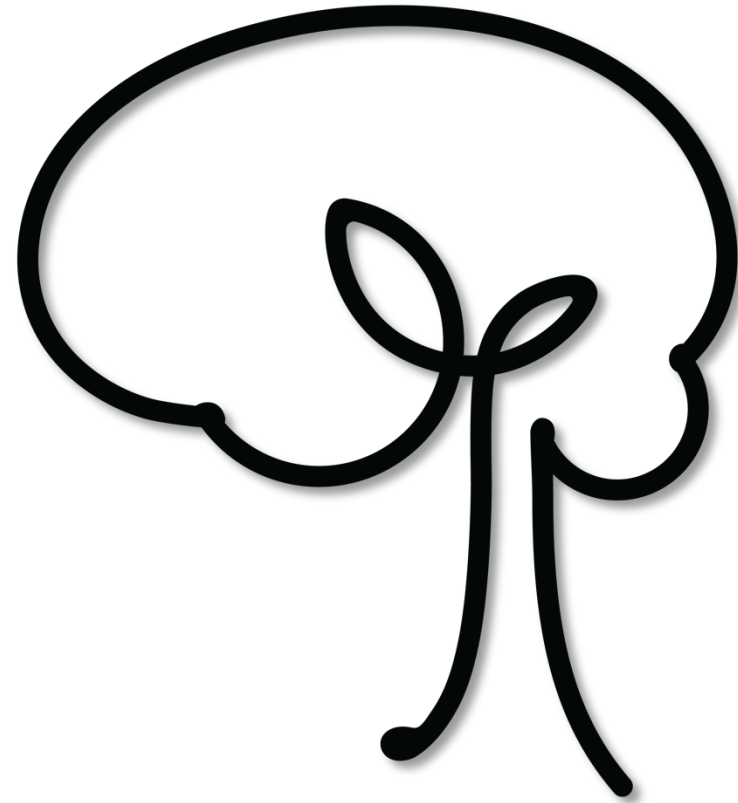
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M E A N I N G F U L
A C T I V A T I O N