



BRAIN GYM® 101

Solving the Puzzle to Success

COURSE OBJECTIVES

Day 1

- ✓ Understanding the steps to creating change in life.
- ✓ Begin to understand the relationship between movement patterns, primitive reflexes, behaviors and brain function.
- ✓ Learn to help children set goals for themselves.
- ✓ Explore self-awareness tools used to empower children and adults to play “detective” in order to speed up learning and positive changes.
- ✓ Learn Brain Gym® movements that help organize the nervous system for success.



Days 2 & 3 (Prerequisite - Day 1)

- ✓ Experience a deeper mind/body integration in relation to your personal goals and understand how you can use Brain Gym® practically at home, school and work.
- ✓ Learn the Dennison Laterality Re-patterning.
- ✓ Explore and understand the three Dimensions of Intelligence.
- ✓ Experience personal growth in processing speed, organization, balance, and coordination.
- ✓ Gain tools to reduce anxiety, and feel more present.



2019 COURSE DATES

February 1-3 – April 5-7 – June 7-8 – August 7-9 – November 1-3

COURSE LOCATION

25 Westcott Road, Hopedale, MA

COURSE FEES

Day 1 only: \$190 – Day 2&3 only: \$350 – All 3 Days: \$490

Brain Fit Academy, Inc. Co-Founders

Brain Fit Academy, Inc. Co-Founders: Christina Hayes and Pam Formosa. Both are Developmental Specialists, with backgrounds in Occupational Therapy, Education, Brain Gym®, Emotion Code, Reiki and more. They Co-own and operate Brain Fit Academy, Inc., working with children and families who struggle with cognitive, physical, social and emotional challenges.

For more information contact us at **1-833-BFA-4YOU** or BFA@BrainFitAcademy.com

