



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

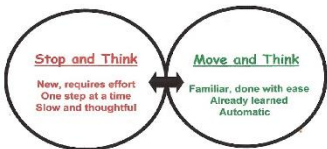
February 1-3 – April 5-7 – June 7-9 – August 7-9 – November 1-3

COURSE LOCATION

25 Westcott Road, Hopedale, MA

COURSE FEES

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



This Course was co-developed by Pam Formosa, MA OTR/L and Christina Hayes, Mass Licensed Educator. Pam, the course instructor, owns and operates 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