



BRAIN GYM® 101

Solving the Puzzle to Success

COURSE OBJECTIVES

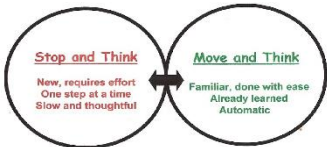
Day 1

- ✓ 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.



2020 COURSE DATE

January 24-26, 2020

April 3-5, 2020

August 5-7, 2020

October 23-25, 2020

(8:30am-4:30pm Daily)

COURSE LOCATION

25 Westcott Road, Hopedale, MA

COURSE FEES

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

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

