



# BRAIN GYM® 101

## SOLVING THE PUZZLE TO SUCCESS

Brain Gym® is a movement based learning readiness program. Reduce anxiety, optimize brain power and accelerate the learning curve with this powerful model.



### Learn

- Learn to set goals that have meaning.
- Learn Brain Gym® movements that help organize the nervous system for success.
- (Days 2 & 3) Learn the Dennison Laterality Re-patterning.



### Understand

- Understand the steps to creating change in your life.
- Begin to understand the relationship between movement patterns, midlines, behaviors and brain function.



### Explore

- Explore self-awareness tools used to empower children and adults to play “detective” in order to speed up learning and positive changes.
- (Days 2 & 3) Explore and understand the three Dimensions of Intelligence.



### Experience

- (Days 2 & 3) 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
- (Days 2 & 3) Experience personal growth in processing speed, organization, balance, and coordination.



### Course Dates

November 4, 5 and 6, 2022  
(8:30am-4:30pm Daily)

### Course Fees

Day 1 only: \$250  
All 3 Days: \$490

### Course Location

INPERSON!!  
25 Westcott Rd.  
Hopedale, MA

Pam Formosa, MA, OTR/L is the course instructor. She owns and operates Brain Fit Academy, Inc., working with children and families who struggle with cognitive, physical, social and emotional challenges.

To register, visit: [www.BrainFitAcademy.com/courses/](http://www.BrainFitAcademy.com/courses/)