



Brain Gym[®] 101

Change your State - Change
your Story - Change your Life

August 3-5, 2023

Hopedale, MA

\$525

**A Movement-Based
Program that offers
Self-Discovery and
Self-Improvement
All in One**

**Five Simple Steps
Easily Adaptable
Life Changing!**

Register at:
www.BrainFitAcademy.com

More Info:
Pamformosa@gmail.com

Learn and Experience

- Powerful Goal Setting
- Out of the Box Noticing Techniques
- Life-changing Movement-based Strategies
- Whole Brain Organization
- Meaningful "Aha Moments"

Benefits

- Improve Processing
- Improve Emotional Regulation
- Empower Change
- Accelerate your Learning Curve
- Set Yourself Up For Success
- Feel Better

