



# Brain Gym<sup>®</sup> 101

Change your State - Change  
your Story - Change your Life

**November 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](http://www.BrainFitAcademy.com)**

**More Info:**  
**[Pamformosa@gmail.com](mailto: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

