



# Brain Gym 101

**A simple yet powerful  
tool for every teacher,  
parent and therapist!**

**August 15-17, 2024**

**Hopedale, MA**

**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)**

**Questions?**  
**[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 Focus and Processing
- Improve Emotional Regulation
- Empower Change
- Accelerate Learning Curves
- Improve Organization
- Maximize potential