

Brain Gym® 104 Training Course for Parents, Teachers and Therapists

Now combining pre-recorded
material, live Zooms and
in-person options!

Are you looking for tools to help
your child/student with *focus and
self-regulation*?

Does your child/student struggle with
anxiety, impacting on their learning or
socialization?

Does *homework* time create *stress* for all?

This Brain Gym 104 course offers a deep
dive into the 26 Brain Gym Movements
and how they support learning, focus,
organization, processing, and more!



Begins January 15th, 2025
— with 6 months to complete
the course.



Includes: virtual lessons, outside
exploration assignments, 2 live
sessions for questions and
connecting and an in-person
option.



Register now \$199-\$399

Register today at

www.brainfitacademy.com

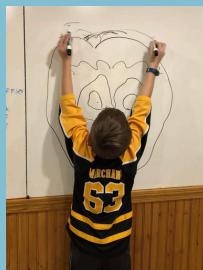
Taught by: Pam Formosa, MA OTR/L
Owner of Brain Fit Academy



LEARN
26 Movement
Activities along
with variations



UNDERSTAND
How stress can
affect how the
brain and body
communicate



UNDERSTAND
How our midlines
relate to behavior



EXPLORE
Explore the concept of
one's "Movement
Map," and how your
child can re-establish
it to allow for optimal
processing



EXPERIENCE
Your own mind/body
connection as it
relates to your
personal goals