



Brain FUNdamentals LLC. Presents:

BRAIN GYM® 104: THE 26 MOVEMENTS

UNLOCKING THE CONNECTION BETWEEN LEARNING AND MOVEMENT

No Prerequisites!

Introducing Brain Gym: A System for Optimal Performance

Brain Gym offers 26 thoughtfully designed movements and related techniques that have been shown to enhance performance, increase enjoyment, and foster success in life's most crucial moments. Incorporating these simple movements into your daily routine is effortless - all you need is yourself, your colleagues, and an open mind to try something new. You'll be amazed by the profound impact these movements can have on learning and stress management!

Course Dates:

Refer to events calendar for current dates.

Course Fee:

\$365

*Brain Gym Teacher's Edition Included!

Course Location:

30 Lyman St- Suite 60,
Westboro, MA



LEARN

- The 26 movements that comprise the basic Brain Gym program
- Basic Brain Gym vocabulary
- Pre and post movement activities



UNDERSTAND

- The "Three Dimensions of Movement"
- How stress can affect the way the brain and body cooperate
- The "Five Principles of Learning"



EXPLORE

- Different physical movements and notice their effects on physical, mental and emotional systems
- The concepts of "drawing out" and "noticing"



EXPERIENCE

- A four-step warm up process called PACE
- The 26 Brain Gym movements for yourself

Who can benefit from this course?

This course is suitable for teachers, parents, and professionals, including Occupational Therapists, Physical Therapists, Massage Therapists, Counselors, and Early Childhood Educators.

Meet the Course Instructor: Amy Brewis M.Ed
Amy is a licensed Brain Gym Instructor/Consultant and the proud owner of Brain FUNdamentals LLC. With over 18 years of teaching experience in elementary school, she holds a master's degree in education. Amy is passionate about enlightening individuals on how movement can impact behavior and learning, and she's dedicated to educating people on how to implement positive changes.



*Brain Gym is a registered trademark of the Educational Kinesiology Foundation, Santa Barbara, CA, www.breakthroughsinternational.org.



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