



Become the Sculptor of your life!

Brain Gym® for Beginners Course

Customized for Nutrition Students, Practitioners & Alumni



When: Saturday, Nov 20th, 2010 at 9am – 5pm – Registration begins at 8:30am
Where: The Bob Rumball centre for the Deaf, 2395 Bayview Ave, North of Lawrence
Map <http://www.bobrumball.org/BRFD/BRCMap.html> , Lunch not incl.,
Lead Instructor: Jill Hewlett, Educational Kinesiologist & Brain Gym Practitioner
Contact: Sharon Todd 905.830.6902 or sharon@brainworksglobal.com

To register on line or print off a PDF to mail with fees – go to:
<http://www.brainworksglobal.com/register.php>

EARLY BIRD PRICING - Before November 12th \$175 + HST, After \$195 + HST – Materials Incl.

With this course, participants will accelerate to a novice skill level in Brain Gym® and can begin to apply their new knowledge in various settings for personal goals, in the workplace and to support family and friends. Our programs are layered, and have been designed in such a way that as each course is completed, the **hours and cost** can be applied towards the Brain Gym® 101 Certificate (24 hours).

You Will Learn:

- The Science of Educational Kinesiology and practical application of Brain Gym®
- Develop Noticing/Self-awareness skills for learning styles and mental blocks
- Learn all 26 Brain Gym® integrated movements to directly enhance brain and body function.
- Understand the science of what happens in the body and brain due to stress and how to use Brain Gym® (PACE – 4 step movement process) to shift back into balance.
- Experience the 3 Dimensions of Movement for Learning Success and Brain Gym® that fit each category.
- Participants work individually, in partners and in rotating groups to further their skills and enhance group dynamics. This process breeds creativity, skill development and confidence as each participant experiences the giving and receiving of support, acceptance and encouragement.

Participants are invited to bring a stress based issue to share, then learn how to apply Brain Gym® to support new possibilities and outcomes. **Note: clearing stress with Brain Gym leads to better digestion, absorption of nutrients, efficient metabolism, a more positive body image and better food choices!**

Walk Away With

- Ability to release physical, mental and emotional stress in just minutes.
- Energy and lateral thinking ability to approach any project or challenge.
- Learn new, simple, natural, easy ways to support an individual's learning style and life goals.
- Think and communicate clearly; improve memory, focus, organization, listening and concentration
- Engage your personal learning style and coordinate your brain and body together to “walk your talk”
- Notice and understand the root of your feelings and actions. Discover practical tools you can implement immediately to create positive, win-win outcomes in all parts of life.
- Hours and cost are applied towards eventual Brain Gym® 101 Certificate (24 hours).

Brain Gym® is a core stress management modality endorsed by the CAMH in Toronto.