

# Brain Gym® Course

Brain Gym® is a system of body movements that reduce stress and integrate the hemispheres of the brain to draw out our innate abilities for full self-expression and learning potential. Brain Gym is the entry-level class in the Educational Kinesiology (Edu-K) curriculum, a comprehensive whole-body integration program.

**“Edu-K is a revolution in reading disabilities.”**

Palm Beach Post, Florida

**“Brain Gym has definite immediate results.”**

R M, Osteopathic Physician

## LEARN THE BRAIN GYM PROCESS TO ACHIEVE WHOLE-BRAIN INTEGRATION FOR

### THINKING, READING, SPEAKING, LISTENING, WRITING, WHOLE BODY MOVEMENT AND OTHER DAILY LIFE SKILLS:

- Four simple “PACE” activities that prepare the individual’s physiology for learning.
- Each of the 26 Brain Gym movements and how they facilitate whole-brain learning.
- Two simple biofeedback techniques to help the learner become aware of his/her own learning state at any moment.
- A simple, yet profound, five step process (the Edu-K Balance) to set and achieve personal goals.

**“Everyone benefits from Brain Gym”** Beckie Ballard

**“I could see that Brain Gym was opening doors to kids.... At long last, I'm beginning to get hold of something that has direct application.”**

R E, former Special Education Coordinator

## Benefits

- ☞ Discover the **joy of learning** and correct **attention and learning difficulties**.
- ☞ Develop **physical skills** that support all learning
- ☞ Develop **effective communication** skills.
- ☞ Create **comfort in risk-taking** and managing change.
- ☞ **Enhance abilities** in memory, math, reading, comprehension, and listening.
- ☞ Raise **confidence and self-esteem**.
- ☞ Develop greater **insight and body awareness**.
- ☞ Create **calmness** in high stress situations.

**“Edu-K used effectively in the classroom is the teaching method of 21st century education.”**

P M, Special Education Teacher

## Your Facilitator

**Don Wetsel, MA, LAc, BCTMB**, is a member of the Brain Gym Foundation International Faculty. He has studied extensively with Dr. Paul Dennison and many others. His love of life and his nurturing support of those who want to live and learn joyfully creates a safe environment for personal experiential learning.

**Where:** Health TLC

536 Calvert Street, Staunton, Virginia

**When:** February 22 - 24, 2019

Friday and Saturday 9 – 5:30

Sunday 9:00 – 4:30

**Tuition:** \$350– with a \$75 non-refundable deposit which must be received by February 5

\$400 if deposit received after February 5

\$175 fee for review students + new manual

Many school systems have readily accepted Brain Gym training for continuing education credits.

*“Brain Gym Teachers Edition”* and *“Smart Moves”* highly recommended

May be ordered before class from Health TLC (540) 886 - 9453

Mail \$75 nonrefundable deposit to:

Health TLC

536 Calvert Street

Staunton, Virginia 24401

Register Early: Class size is limited

For more information please call:

Health TLC (540) 886 – 9453

Email: dewetsel@gmail.com

www.healthtlc.com for other classes