

Brain Gym®: Introduction

September 6 2012, 7 – 9 p.m., Staunton, VA

Scientific research is profoundly validating the Brain Gym work, to the point that scientists are saying such things as "higher cognitive processes are grounded in bodily experience, and the sensory/motor neurological circuits do not just feed into cognition; they ARE COGNITION".

Carla Hannaford, Ph.D. Author of *Smart Moves & Playing in the Unified Field*

- ? Do you or someone in your family have **attention deficits or learning challenges**
- ? Do your students fail to learn well no matter what you do
- ? Do you **feel overwhelmed** or affected by stress and anxiety
- ? Are you consistently able to function at optimal efficiency
- ? Do you have trouble starting or **finishing projects**
- ? Do you have problems getting organized
- ? Do you want support to make **positive lifestyle changes**
- ? How would you like to improve you communication, organization, attention, focus and comprehension

This class provides experience with various Brain Gym® Activities, including PACE.

- Those wanting to **reduce stress and anxiety**, to make positive lifestyle changes.
- Learners of all ages by improving their **physical skills of learning** and self esteem.
- **Business people** and Educators who want to improve organization and efficiency.
- **Families** where parents and children work together for better communication.
- **Teachers and Learning Assistants** seeking to provide the best teaching and enable the best learning.
- Those who want to provide **support for students** who are struggling
- Those who wish to become more **effective and flexible** in coping with change
- Artists and musicians who enjoy tapping into more of their creative potential.
- Sports people/athletes seeking to **improve performance**.

The Brain Gym® system of “smart” exercises will help you make dramatic improvements in these and other areas by integrating the left and right brain hemispheres and tapping into the same mechanism, namely movement, which originally helped the brain to develop

This workshop offers gentle movements designed to enhance the particular skills you would like to develop (organizational skills, concentration, public speaking abilities, etc.)

We learn a series of gentle body movements that can be easily integrated into classroom life. These exercises allow students to develop skills specific to their needs (e.g. writing or reading) and to enjoy their full potential in a stress-free way. By using Brain Gym® in the classroom, **students become more settled, calm, focused and ready to learn.** Teachers are more settled, calm and able to be more effective.

These movements are equally applicable for business as the specific Brain Gym® activities are designed to help enhance performance in any particular task. These activities also help to minimize stress in the work environment whilst allowing each person to feel more confident and resourceful in approaching any given job.

Where: Health TLC 536 Calvert Street, Staunton, Virginia	Mail registration fee or call: Health TLC 5819 North Lee Highway, Suite 2N Fairfield, Virginia 24435
When: September 6, 2012 7 - 9 p.m.	
Tuition: \$10 – if you register and pay Before August 23 \$15 if registration or payment is received After August 23	For more information please call: Health TLC 540.377.9453 M, F or 540.886.9453 T, Th Email: dewetsel@gmail.com www.healthtlic.com
Register Early: Class size is limited	

Registration Form: Brain Gym Introduction

Please mark appropriate squares and enclose check payable to: Health TLC

\$10 early registration

\$15 Late registration

Name _____

Occupation _____

Address _____ City _____ State _____ Zip _____

Phone-H _____ W _____ Cell _____

Email Address _____

Mail to: Health TLC Charge my __MC __VISA # _____

5819 North Lee Highway, Suite 2N Expiration Date: _____

Fairfield, Virginia 24435 Signature _____

We accept purchase orders from school systems.

Call 540.377.9453 (M,F) or 540.886.9453 (T, Th) or e-mail dewetsel@gmail.com for more information