

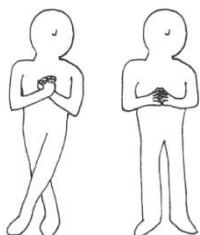
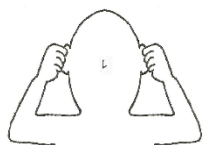


BRAIN GYM® 101

Beyond the 26 Mindful Movements

COURSE OBJECTIVES

- ✓ Learn Brain Gym® movements that help organize the nervous system for success.
- ✓ Experience a deeper mind/body integration in relation to your personal goals and understand how you can use Brain Gym® practically at home, school and work.
- ✓ Gain tools to reduce anxiety, and feel more present at any age.
- ✓ Learn a simple sequence of steps to create big changes.
- ✓ Experience personal growth in processing speed, organization, balance, and coordination.
- ✓ Achieve an understanding between the relationship of movement patterns, primitive reflexes, behaviors and brain function.
- ✓ Explore and understand the three Dimensions of Intelligence or Midlines of the body and how they affect our everyday lives.
- ✓ Practice the art of setting positive goals at any age to work with intent on making shifts and moving forward.
- ✓ Explore self-awareness tools which support clear minded learning and in turn empower children and adults alike.
- ✓ Learn the Dennison Laterality Re-patterning, unique to the Brain Gym program.



2019 COURSE DATES

November 18-20

2020 COURSE DATES

February 7-9

May 29-June 1

August 11-13

December 4-6

COURSE LOCATION

1779 Quaker Street, Northbridge, MA

COURSE FEES

3 Days: \$450

BBS Energy Works Course Instructor

BBS Energy Works, LLC Owner Christina Hayes is a licensed Brain Gym® Consultant and Instructor, a Developmental Specialist with a degree in Early Childhood Education, a licensed Emotion Code Therapist, a Reiki Master, an Integrative Energy Therapist, and more! She also co-founded Brain Fit Academy, Inc. where she practiced Brain Gym concepts and movements, and now continues that work with children and adults who struggle with cognitive, physical, social and emotional challenges at any age.