

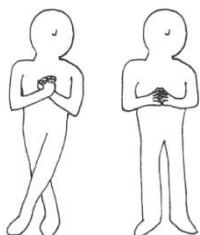
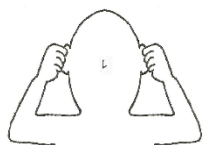


BRAIN GYM® 101

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, early 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.



SEE <https://www.bbsenergyworks.com/on-site-courses/> for
COURSE DATES, TIMES, LOCATION AND FEES

BBS Energy Works, LLC Course Instructor

BBS Energy Works, LLC owner Christina Grace Hayes is a licensed Brain Gym® Consultant and Instructor, a Developmental Specialist with a concentration in Early Reflex Development, a degree in Early Childhood Education, a licensed Emotion Code Therapist, a Reiki Master Teacher, an Advanced Integrative Energy Therapist, and more! Christina co-founded Brain Fit Academy, Inc. where she co-developed this course, as well as the Early Reflex Development: Brain Building from the Bottom Up! course, to support education for infants, children and adults who struggle with cognitive, physical, social, and emotional challenges at any skill level and age.