

MARCH SESSION



BRAIN GYM®

MARCH 25, 2023 9:00 AM – 4:00 PM

USF College of Education, TECO Hall (Tampa campus)

Registration Fee: \$155

Register at: tinyurl.com/anchinbraingym

What you get:

Participants will receive a comprehensive Brain Gym manual, including all 26 exercises and their research-based benefits. The manual is available in both print and digital formats. Additionally, participants will receive a Brain Gym certificate of completion upon successful completion of the course. The manual is a valuable resource for educators and parents alike, providing a wealth of information on the benefits of Brain Gym and how to implement it in the classroom or at home. The certificate is a testament to the participant's commitment to learning and personal growth. The manual is a comprehensive guide to the Brain Gym program, covering all 26 exercises and their research-based benefits. It is available in both print and digital formats, making it easy to access and use. The certificate is a valuable resource for educators and parents alike, providing a wealth of information on the benefits of Brain Gym and how to implement it in the classroom or at home. The manual is a comprehensive guide to the Brain Gym program, covering all 26 exercises and their research-based benefits. It is available in both print and digital formats, making it easy to access and use. The certificate is a testament to the participant's commitment to learning and personal growth.

THE WHY – Rationale & Research

Brain Gym is based on the research of Dr. Paul Dennison, a neurologist who discovered that the brain has two hemispheres, each with its own set of functions. The left hemisphere is responsible for logical, analytical, and verbal tasks, while the right hemisphere is responsible for creative, intuitive, and spatial tasks. Dr. Dennison discovered that the two hemispheres are not always working together, and that this can lead to learning difficulties and other cognitive challenges. Brain Gym exercises are designed to help the two hemispheres work together more effectively, improving cognitive function and overall brain health. Research has shown that Brain Gym exercises can improve memory, attention, and problem-solving skills, and can also help reduce stress and anxiety. Brain Gym is a powerful tool for improving cognitive function and overall brain health. It is based on the research of Dr. Paul Dennison, a neurologist who discovered that the brain has two hemispheres, each with its own set of functions. The left hemisphere is responsible for logical, analytical, and verbal tasks, while the right hemisphere is responsible for creative, intuitive, and spatial tasks. Dr. Dennison discovered that the two hemispheres are not always working together, and that this can lead to learning difficulties and other cognitive challenges. Brain Gym exercises are designed to help the two hemispheres work together more effectively, improving cognitive function and overall brain health. Research has shown that Brain Gym exercises can improve memory, attention, and problem-solving skills, and can also help reduce stress and anxiety. Brain Gym is a powerful tool for improving cognitive function and overall brain health.

THE HOW – Top 3 Learner Objectives for Participants

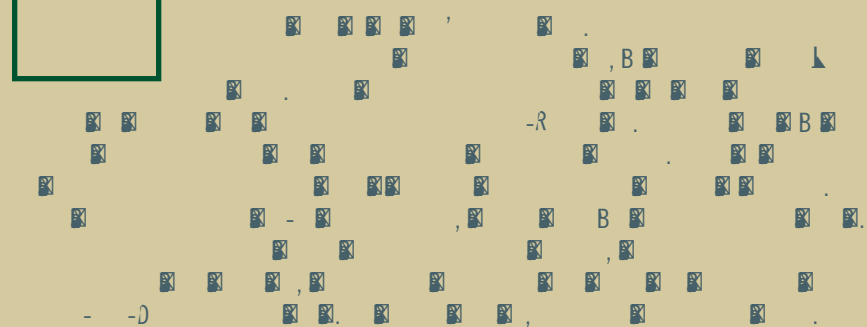
Participants will be able to identify and describe the benefits of Brain Gym exercises. Participants will be able to demonstrate and explain the correct technique for performing Brain Gym exercises. Participants will be able to apply Brain Gym exercises to their own learning and teaching practices. Brain Gym is a powerful tool for improving cognitive function and overall brain health. It is based on the research of Dr. Paul Dennison, a neurologist who discovered that the brain has two hemispheres, each with its own set of functions. The left hemisphere is responsible for logical, analytical, and verbal tasks, while the right hemisphere is responsible for creative, intuitive, and spatial tasks. Dr. Dennison discovered that the two hemispheres are not always working together, and that this can lead to learning difficulties and other cognitive challenges. Brain Gym exercises are designed to help the two hemispheres work together more effectively, improving cognitive function and overall brain health. Research has shown that Brain Gym exercises can improve memory, attention, and problem-solving skills, and can also help reduce stress and anxiety. Brain Gym is a powerful tool for improving cognitive function and overall brain health.

MEET YOUR FACILITATOR



CINDY GOLDADE

Director of In-Motion Intelligence, Forest Lake, Minnesota



LEARN MORE | Website: <https://breakthroughsinternational.org/programs/the-brain-gym-program> and <https://in-motionintelligence.com>

READ MORE | Scholarly Articles: <https://breakthroughsinternational.org/resources/the-brain-gym-resources>

SEE MORE | Classroom Design and Brain Gym: <https://www.youtube.com/watch?v=A-N8A7VpxuCQ>