

Brain Gym® Introduction

A Mini Course for Educators, Parents or Therapist

Presented by: Jan Yordy, MEd. MSW, Certified Play Therapist & Brain Gym Instructor

Brain Gym® is a program of physical movements designed to improve the brain's functioning and reduce stress in the body. Designed by Dr. Paul Dennison, the Brain Gym® program uses 26 specific developmental movements to enhance whole brain/body integration. Because the 26 exercises balance the body's energy and enhance the three dimensions of brain functioning, anyone can notice an improvement in focusing, concentration and memory skills.

Brain Gym® helps school children learn better, business people to be more productive, seniors to feel more alert and coordinated, sport participants to perform better, and everyone to feel less stressed and anxious. Come and playfully discover the power of Brain Gym® to enhance your brain integration and personal effectiveness.

Date: Saturday, January 23rd, 2010

(The full 24 hr. Level 1 Brain Gym® course will be offered on Jan.23rd & 24th and Feb. 6th & 7th 2010)

Time: 9:00 am to 4:00 pm

Location: Integrated Centre for Optimal Learning

826 King St. N., Unit 16 at Marketside Complex across from St. Jacobs Farmers Market

Cost: \$110 plus GST

(\$10 off registration if received 1 month before workshop date)

For more information, call Jan Yordy at 664-3568. e-mail: yordy@energyconnectiontherapies.com
For information about other workshops by Jan Yordy, the Integrated Centre for Optimal Learning or Jan's Energy Connection game visit www.energyconnectiontherapies.com

Brain Gym Mini Workshop Registration – Jan. 23rd, 2010

Name: _____ Workshop Date: _____

Address: _____ Postal Code: _____

Phone: _____ Fax: _____ E-mail _____

Please make checks payable to **Jan Yordy**. Cash, Master Card or Visa is also acceptable.
Please send registrations to: Jan Yordy, P.O. Box 35, St. Jacobs, Ontario, N0B 2N0
Fax: 519-664-1390