

Brain Gym® Introduction

A Mini Course for Educators, Parents or Therapists

Presented by: Jan Yordy, M.Ed. 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 to learn more effectively, 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, March 25th, 2017

(The full 24 hr. Level 1 Brain Gym® course will run Jan 28, 29 & Feb. 11, 12, 2017)

Time: 9:00 am to 4:00 pm

Location: Jan Yordy's Centre

185 Frobisher Drive, Unit 2, Waterloo, Ontario (Not far from Conestoga Mall)

Cost: \$110 + HST

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

Brain Gym Mini Workshop Registration – March 25th, 2017

Register and Pay online at:

www.energyconnectiontherapies.com/product/mini-brain-gym-introduction/

Payment may be made by Cash, Cheque or Paypal (via the website) Please make cheques payable to **Jan Yordy Counselling**.

For more information, call Jan at 747-7747 or email: yordy@energyconnectiontherapies.com