

# Brain Gym® Level 1:

## A 24-Hour Course in Educational Kinesiology for Educators, Parents, or Therapists

*Offered 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 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.

In the Full Level 1 training, participants will spend a day on each dimension of brain functioning, and learn how to perform Brain Gym Balances for each person's unique needs. Come and playfully discover the power of Brain Gym® to enhance your brain integration and personal effectiveness, and to support others in optimal brain functioning.

**Dates: Feb. 17<sup>th</sup> & 18<sup>th</sup> and March 3<sup>rd</sup> & 4<sup>th</sup>, 2018**

(A one-day mini introduction is also available on Feb. 17<sup>th</sup> only)

**Time: 9:00 a.m. to 4:00 p.m. for all 4 days**

**Location: Jan Yordy's Centre**

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

**Cost: \$440 + HST (Includes Brain Gym manual)**

(\$20 off if registration is received one month before the training begins)

For more information call: 519-747-7747 email: [yordy@energyconnectiontherapies.com](mailto:yordy@energyconnectiontherapies.com)

Other workshops: [www.energyconnectiontherapies.com/workshops/](http://www.energyconnectiontherapies.com/workshops/)

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**Brain Gym Level 1 Registration: Feb. 17<sup>th</sup> & 18<sup>th</sup>, and March 3<sup>rd</sup> & 4<sup>th</sup>, 2018**

Register and Pay online at:

[www.energyconnectiontherapies.com/product/brain-gym-level-one-training/](http://www.energyconnectiontherapies.com/product/brain-gym-level-one-training/)

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

For more information, call (519)-747-7747 or email: [yordy@energyconnectiontherapies.com](mailto:yordy@energyconnectiontherapies.com)