

# Brain Gym 101

A fun, experiential course in creating a love of learning for students, educators, parents and specialists

## Brain Gym® enhances and promotes:

All academic areas: Including reading, writing, test-taking skills (including TAKS), self responsibility & behavior management

Ability to focus, concentrate, improve attention span and memory

Positive attitudes, appropriate behavior, confidence and self-esteem

Effective strategies for learning and behavioral challenges in children, adolescents and adults

Body balance, aligned posture and improved core stabilization to enhance fine motor skills

Hand-eye coordination as used in writing, reading, fine motor skills, golf, and the arts

Self regulatory behaviors such as calming & decreased sensory over-stimulation

Stress reduction and testing skills

## Brain Gym® 101

Learn 26 movements and Dennsion Laterality Repatterning

The Dynamic Brain Model

Activities to improve handwriting, expressive writing, reading, emotionality and concentration

The importance of emotions and bonding in the learning process

How stress effects the learning process and the difference between integrated and unintegrated learning

**Appropriate for parents, teachers, coaches, counselors, physical/occupational therapists, and more.**

**When:** June 28-30, 2010, 8:30-5:30

**Where:** Tulia, Texas (between Amarillo & Lubbock)

**Instructors:** Angela Cox, BS, MS, LMT ([www.angiecox.net](http://www.angiecox.net)) or 806-627-7067

**Tuition:** \$395 if full payment is received by June 1, 2010. \$425 after June 1, 2010, \$225 for repeaters/reviewers

**School Discount:** \$350 per person if 3 or more attend from the same school district, paid with one district check by June 1, 2010.

**Send Checks to: Angela Cox, 329 N Briscoe Avenue, Tulia, TX 79088**

**Paypal payments to: [acox79088@gmail.com](mailto:acox79088@gmail.com), Ph. 806-627-7067**

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Summer Phone & Email \_\_\_\_\_

(Materials include the Brain Gym 101 manual, classroom materials, & 1-year student membership fee to Brain Gym International)