

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 course is designed to be interactive and engaging, with a focus on practical application of the exercises in the classroom. Participants will also receive access to a private online community where they can continue to learn and share ideas with other Brain Gym practitioners.

THE WHY – Rationale & Research

Brain Gym is based on the research of Dr. Paul P. Pridgen, a leading expert in the field of brain-based learning. His research has shown that the brain is a complex, interconnected system that can be trained to perform at its best. Brain Gym exercises are designed to stimulate the brain and improve cognitive function, memory, and learning. The research also shows that Brain Gym can help reduce stress and anxiety, improve focus and attention, and enhance overall well-being. This makes Brain Gym an ideal tool for educators and parents looking to support their children's learning and development.

THE HOW – Top 3 Learner Objectives for Participants

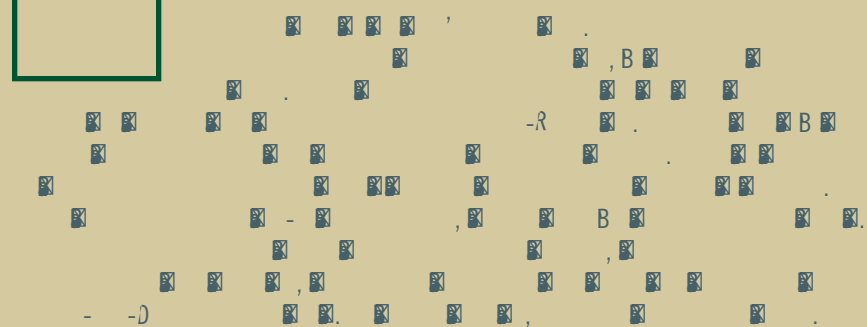
Participants will be able to identify and describe the 26 Brain Gym exercises and their benefits. Participants will be able to demonstrate the correct technique for performing each exercise. Participants will be able to apply the exercises in their own classrooms or homes to support their students' or children's learning and development. Participants will also be able to explain the research-based rationale for Brain Gym and how it can be used to improve learning outcomes.

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>