



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: An introduction to the field of Educational Kinesiology, a tasty box lunch, and a fun paced day with like-minded people.

Brain Gym® is in the field of educational kinesiology — the study of movement and its relationship to learning. It is based on a series of 26 seemingly simple movements performed in a very specific, intentional way. The movements are safe and effective for people of all ages, and thousands of practitioners all over the world have used them to bring about rapid and dramatic improvements in reading, writing, organization, communication, focus, attention, and self-regulation. Brain Gym® is used in over 80 countries and has been translated into more than 50 languages.

THE WHY – Rationale & Research

- Physical development lays the foundation for intellectual development.
- Developmental movement patterns are universal. The dynamic nature of the brain allows those patterns to be revisited with intentional movements.
- New neural pathways grow when we move with intention.⁷

THE HOW – Top 3 Learner Objectives for Participants

- Learn Brain Gym® movements to support the physical skills of learning as they relate to seeing, listening, fine and large motor, crossing the midline, organization, emotional processing, focus, etc.
- Interpret the effects of specific movements on posture, musculature, sensory and emotional processing, and more.
- Determine one's sensory intake preferences, "Learning Profile;" and explore the potential gifts and challenges evident in each possible profile.