



OCTOBER SESSION

# MINDS-IN-MOTION MAZE<sup>®</sup>

OCTOBER 22, 2022 // 9:00 AM – 4:00 PM

**USF College of Education, TECO Hall (Tampa campus)**

**Registration Fee:** \$150

**Register at:** [tinyurl.com/anchinmindsinmotion](https://tinyurl.com/anchinmindsinmotion)

What you get: A full day of pioneering professional learning, a full color 72 page MAZE<sup>®</sup> handbook for Elementary or Middle grade levels, a tasty box lunch, and a fun paced day with like-minded people.

Minds-*In-Motion's* revolutionary program, using movement and brain integration, jump-starts the brain's neural pathways to help children maximize potential by building a better foundation for learning and equips them with the tools for success in school, in sports, and in society. In this session, you will learn the Minds-*In-Motion's* MAZE<sup>®</sup>, 15 simple steps to enhance the brain processing abilities of PK-12 students.

## THE WHY – Rationale & Research

- Recent research is proving that poor integration and inefficient coordination between the numerous brain systems involved in the learning process can be dealt with through sensory integration and motor development exercises.<sup>1</sup>
- Exercises that improve balance through vestibular stimulation can also improve motor planning, orientation, self-regulation, and behavior.<sup>2</sup>
- “Pre and Post COVID, the need for sensory and motor integration continues to increase in school aged children” – C. Meyer

## THE HOW – Top 3 Learner Objectives for Participants

- Learn why movement and physical activity are critical for all students' success.
- Learn how to implement the 15 MAZE<sup>®</sup> stations at home or school, each connected to a powerful brain process and movement.
- Participate in the MAZE<sup>®</sup> with your peers and feel your brain and body changing before your eyes.