



Brain FUNdamentals LLC. Presents:

# BRAIN GYM® 104: THE 26 MOVEMENTS

UNLOCKING THE CONNECTION BETWEEN LEARNING AND MOVEMENT

No Prerequisites!

The Brain Gym system utilizes 26 designed movements and related techniques to optimize performance, enjoyment, and success in life's most important moments. Incorporating these simple movements into your day is easy- all you need is you, those you work with, and the willingness to try something new. You may be surprised at the profound effect these movements can have on learning and stress management!

## Course Dates:

Refer to events calendar for current dates.

## Course Fee:

\$365

\*Brain Gym Teacher's Edition Included!

## Course Location:

30 Lyman St- Suite 60,  
Westboro, MA



## LEARN

- The 26 movements that comprise the basic Brain Gym program
- Basic Brain Gym vocabulary
- Pre and post movement activities



## UNDERSTAND

- The "Three Dimensions of Movement"
- How stress can affect the way the brain and body cooperate
- The "Five Principles of Learning"



## EXPLORE

- Different physical movements and notice their effects on physical, mental and emotional systems
- The concepts of "drawing out" and "noticing"



## EXPERIENCE

- A four-step warm up process called PACE
- The 26 Brain Gym movements for yourself

This course is appropriate for teachers, parents, and professionals such as Occupational Therapists, Physical Therapists, Massage Therapists, Counselors, and Early Childhood Educators.

Amy Brewis is the course instructor. She is a licensed Brain Gym Instructor/Consultant and the owner of Brain FUNdamentals LLC. She holds a master's degree in education and 18+ years of elementary school teaching experience. Amy's passion is helping people understand how movement can affect learning and behavior and teaching ways to bring about positive change.



**BRAIN GYM**  
Licensed Instructor/Consultant

MASSACHUSETTS  
DESE  
PDP'S AVAILABLE!

**REGISTER TODAY!**

<https://brainfundamentals.com/events/>

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