

# Brain Gym<sup>®</sup> 101 course

**\*\*Option: 2 graduate / undergraduate credits through Union Institute & University**

<u>When and Where:</u>	<u>Who should attend:</u>
<b>Dates:</b> <u>April 16-19/2010</u>	general and special ed teachers
<b>Time:</b> April 16-18/2010 at 8:30-4:00 April 19/2010 at 8:30-1:00	physical education / health teachers
<b>Location:</b> LAPDA building, Montpelier, VT	guidance counselors
<b>**For the 2 graduate credit option <u>add:</u></b> 4/19/2010 at 1:00-4:00	administrators
<b>Dates &amp; time could be adjusted if needed.</b>	support service providers: OT, SLP
<b>Please contact instructor ASAP with requests.</b>	parents,
	para-educators
	life-long learners

**Brain Gym<sup>®</sup> 101 is a required course for Brain Gym<sup>®</sup> Certification. No prerequisite.**

## Learning is a whole body event!

Brain Gym<sup>®</sup> presents 26 simple movements that in conjunction with a “balancing” format may:

- ❖ enhance learning readiness in children and adults with any ability level
- ❖ eliminate stress associated with learning
- ❖ promote integration of body and brain “communication” for peak performance in:

**reading ∞ writing ∞ listening ∞ fine motor skills ∞ comprehension ∞ communication ∞  
attitude ∞ attention ∞ gross motor and coordination**

*This powerful program can bring profound and positive change*

### In the Brain Gym<sup>®</sup> 101 course you will learn:

- 26 movements that stimulate to **peak performance**;
- 5 Principles of **Movement-Based Learning**;
- Drawing Out model
- **5 steps Brain Gym<sup>®</sup> Action Balances**  
And setting **individualized goals**;
- **noticing skills** for **assessment** purposes;
- the three dimensions of performance -  
**Focus, Laterality, and Centering**;
- Dennison Laterality Re-Patterning (DLR)  
and 3-D Repatterning , for **whole-brain  
integration**; to access and anchor new learning;
- the **Dynamic Brain and Triune Brain Theory**;
- **noticing skills** to enhance **metacognition**;
- stress-Based vs. Movement-Based Learning;
- increase **joy and creativity** in everyday activities;
- **empower yourself and others** to meet any new  
challenge with confidence.

**Instructor: Zohara Zarfati, M.Ed.**, is a National Board Certified Teacher (NBC), Vermont-licensed Special Educator for grades K-12, and a licensed Brain Gym<sup>®</sup> instructor. Ms. Zarfati offers workshops and graduate courses in Educational Kinesiology and bibliotherapy, in Vermont and neighboring states.

For more information, scheduling workshops, and get notified of future events  
contact Zohara at: **802-325-3679**, or [B1-IL@hotmail.com](mailto:B1-IL@hotmail.com)

# Brain Gym® 101 course - registration form

**\*\*Option: 2 credits – only 3 additional hours!\*\***

Zohara Zarfati, M.Ed., Instructor

Dates: ..... April 16-18/2010 at 8:30-4:00, April 19/2010 at 8:30-1:00

*Dates & time could be adjusted if needed. Please contact instructor ASAP with requests.*

Location: ..... LAPDA building in Montpelier, VT (Directions at:

[www.lapdavt.org](http://www.lapdavt.org))

Fee: ..... \$400.00 + \$50.00 for materials (\$450.00 in full)

Repeat Fee: ..... \$200.00 (add \$30.00 for the new manual if you do not have one yet) .....



**DISCOUNTS up to \$75.00 !!!**



- **Early bird:** \$50.00 off when registered by **March 15, 2010**
- **Bring a friend new to Brain Gym®:** \$25.00 off (for one of you)

**\*\*** For the 2 credits option **Add fee:** \$300.00 (including materials),  
**and date:** April 19/2010 at 1:00-4:00

### Important notes:

- ❖ A non-refundable \$100 deposit is required to register. All balances are due at sign-in.
- ❖ Make checks / PO payable to: Zohara Zarfati
- ❖ Mail registration form and fee to: Zohara Zarfati, 1118 Kelley Hill Rd., Pawlet, VT 05761
- ❖ The course will be opened with a minimum of 10 registrations.

*Taking the course with a colleague or friend could deepen your experience!!!*

For more information, or adding your name to future events mailing list  
contact Zohara by phone: **802-325-3679** or Email: [B1-IL@hotmail.com](mailto:B1-IL@hotmail.com)

Please register me for (check 1):

- Only Brain Gym® 101 (certificate from EDU-K Foundation upon completion)
- Integrated Learning - Brain Gym 101® and Dominance Profile Assessment

     Graduate      Undergraduate

(Dominance Profile assessment brings to light innate tendencies for learning patterns and learning preferences as well as remediation to promote peak performance.)

**2 credits and Brain Gym® 101 certificate**

Please print clearly:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Your professional / educational experience: \_\_\_\_\_

Check / PO # \_\_\_\_\_ Amount \$ \_\_\_\_\_ Discount: \_\_\_\_\_