

Brain Gym® 101 course

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

| <u>When and Where:</u> | <u>Who should attend:</u> |
|--|---|
| Dates: <u>May 21-24/2010</u> | general and special ed teachers |
| Time: May 21-23/2010 at 8:30-4:00 May 24/2010 at 8:30-1:00 | physical education / health teachers guidance counselors |
| Location: LAPDA building, Montpelier, VT | administrators |
| **For the 2 credit option add: 5/24 at 1:00-4:00 | support service providers: OT, SLP parents, |
| <i>Dates & time could be adjusted if needed.</i> | para-educators |
| <i>Please contact instructor ASAP with requests.</i> | life-long learners |

Brain Gym® 101 is a required course for Brain Gym® Certification. No prerequisite.

Learning is a whole body event!

Brain Gym® 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® 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® 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® 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

Brain Gym® 101 course - registration form

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

Zohara Zarfati, M.Ed., Instructor

Dates: May 21-23/2010 at 8:30-4:00, May 24/2010 at 8:30-1:00
Dates & time could be adjusted if needed. Please contact instructor ASAP with requests.

Location: LAPDA building in Montpelier, VT (Direction at:
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 **April 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: May 24/2010 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

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: _____