

# Brain Gym® 101 Workshop

**“Movement is the door to learning!” Dr. Paul Dennison**

Brain Gym is a series of movements that assists communication between various parts of the brain and body. You are invited to participate in this introductory course to Edu-Kinesthetics. It is a valuable tool for anyone who wishes to improve whole brain/body co-ordination, function and learning. When the brain is integrated or all parts are working together, energy is higher, learning is easier, and the body is better co-ordinated. Blocked energy is released and stress is lowered

Learn Brain Gym activities that are quick, fun and energizing! These movements help break down learning blocks. They are designed to lower stress, focus thinking, lower frustration and improve academic and physical performances. To ensure that anyone can do the activities, modification of movements will be demonstrated..

## Benefits of Using Brain Gym

- calms individuals:
  - during upsetting times
  - before writing tests or reports
  - before performing in concerts, sports and speaking events
- focuses thinking
- allows for easier learning in any subject or situation
- improves concentration
- improves speaking skills
- improves eye movements for better reading
- helps balance and coordination
- develops more positive outlook and motivation
- controls anger and stress
- overcomes frustration
- releases learning blocks

## What do I learn in Brain Gym 101?

In this 24 hour course you can learn a set of skills that you will value for a lifetime. Effortlessly, you'll learn these Brain Gym fundamentals:

**PACE:** To prepare the mind and body for learning

**HIGH AND LOW GEARS:** To identify, and reeducate blocked learning patterns.

**THREE LEARNING DIMENSIONS:** To remove learning blocks in laterality, centering and focus, three directions of organization in the brain

**ACADEMIC “SWITCH-ONS”:** To facilitate reading, writing, spelling, math,

memory and other basic skills

**DENNISON LATERALITY REPATTERNING:** To develop communication and coordination throughout the brain and body

**BALANCING:** To put all the tools together into an effective format for creating learning connections.

Use these new skills to help yourself and others. Switch on the full support of your body and mind for learning in any situation.

### Your Instructor

Maurine Maslen, BEd, BA, MEd, is a certified Edu-K consultant and teacher. She owns and operates the Centre for Positive Learning in St. Albert. During her thirty years of teaching in Edmonton, Calgary, and Grimshaw, she worked extensively in Special Education. For fourteen years she has successfully used Brain Gym to help individuals be calmer, more focused and learn easier.

### Workshop Details

**Dates:** Friday, Saturday, Sunday, January 12 - 14, 2007  
**or**, Thursday, Friday, Saturday March 1 - 3, 2007  
**or** two weekends April 21, 22 and April 28, 29, 2007  
*Minimum of 4 people needed for workshop to proceed*

**Time:** January and March 9:00 - 5:30 each day ½ hour for lunch (bring a bag lunch)  
April 9:30 - 12:30 and 2:00 - 5:00

**Place:** Centre for Positive Learning, 53 Goodridge Drive, St. Albert, AB, T8N 2B1

**Registration:** \$450 - includes *Brain Gym Handbook*, and *Brain Gym: Teachers Edition Revised* as well as a one year membership to Educational Kinesiology Foundation (allows you then to proceed on to take more advanced courses ) **Early bird registration : \$425 for \$100 deposit** received on or before **Dec. 15** (first course) or **Feb. 2** (second course) or **March 23** (third course)

**Contact:** Maurine Maslen, Centre for Positive Learning, phone (780)418-8032  
E-mail: [momaslen@telusplanet.net](mailto:momaslen@telusplanet.net)

BRAIN GYM® is the registered trademark of the Educational Kinesiology Foundation, Ventura, CA.  
For more information go to [www.braingym.org](http://www.braingym.org)

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BRAIN GYM 101 REGISTRATION FORM

Please register me for the **BRAIN GYM 101** class to be held

\_\_\_\_\_ Jan 12 - 14, 2007

\_\_\_\_\_ Mar. 1 - 3, 2007

\_\_\_\_\_ Apr. 21, 22,  
28,29, 2007

*(Please check off which course you wish to attend)*

**Name**

\_\_\_\_\_

**Address**

\_\_\_\_\_

\_\_\_\_\_

**Postal Code**

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**Phone**(\_\_\_\_\_)\_\_\_\_\_

**E-mail**

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Please find enclosed:

\_\_\_ deposit of \$100.00 \_\_\_ full early bird payment of \_\_\_ \$425.00 \_\_\_ full payment of \$450.00

Make cheque payable to: **Centre for Positive Learning** Mail to: **53 Goodridge Drive**  
**St. Albert, AB, T8N**

**2B1**