

Brain Gym /Rhythmic Movement Workshop

What is Brain Gym?

Brain Gym is a program of physical activities that enhance learning ability. The activities are easy and enjoyable; they bring about rapid and often dramatic improvements in concentration, memory, reading, writing, organizing, listening, physical coordination and more. www.braingym.org

Learning targets:

- Experience unique tools to assist others in learning -enhancing skills in reading, writing, language, creativity, comprehension and memory
- Experience movements that can increase connections throughout the brain and body to improve focus, organization, self-statement and coordination
- Experience movements that can empower children to learn more easily
- Experience movements to enable students to become more responsible for and have better control of their own behavior
- Learn movements that can integrate reflexes
- Learn movements that relax the body
- Learn reflex information and how the reflexes affect our learning
- Learn about the development of Brain Gym and Rhythmic Movement
- Experience a simple balance and notice the changes
- Learn to profile individual learning styles

Instructor: Carolyn Nyland Carolyn is a licensed Brain Gym & Rhythmic Movement Training Instructor/ Consultant specializing in developmental and elementary Education.

March 4 and April 15, 2010

9:00 am--4:00 pm (lunch on your own)

Attendance on both days is required

\$100 per registrant for 2-day workshop (Maximum 35 participants)

Graduate credit available through Ashland University: 1 semester hour for \$180

Counselor and Social Worker CEU's 10 (State of Ohio Counselor, Social Worker, Marriage and Family Therapy Board)

Registration: Brain Gym March 4 and April 15.....deadline for registration: February 25, 2010

(after deadline, cost increases to \$110 per participant as space allows)

Name _____ Phone _____

E-mail _____ District/ Bldg. _____

Payment: (check one) Purchase Order Check Cash

Send registration to Wendy Wooten at Greene Co. ESC, Contact Wendy at 937-767-1303 ext. 100
or FAX to 937-767-1025 GCESC, 360 East Enon Rd., Yellow Springs,

