

Brain Gym® 101 - Whole Brain Learning

This workshop is designed for:

- Educators
- Parents

Students using Brain Gym® exercises can experience improvement in these areas:

- Positive attitudes
- Seeing
- Listening
- Writing
- Whole body movements

Why [take this course]: Brain Gym®, used extensively at Options teaches people to use their whole brains, integrating right brain creativity with left brain analytical abilities. The whole brain approach helps people become more receptive to learning experiences and process events more fully. Brain Gym® movements are simple to do and helps us to access our potential. This workshop is designed to give practical, visual, step-by-step instruction on how to use the Brain Gym® movements to develop the above skills.

Presenter: Helen Cox is a licensed Brain Gym® Instructor/Consultant and Director of Options Center for Health & Education. She has over 25 years of experience working with students and clients using Brain Gym®. She has been offering workshops on Brain Gym® to parents, educators, and professionals for over 20 years.

When: Contact Helen to arrange a mutually agreed upon time.

Where: Workshops are held at Options Center for Health & Education, Inc. 4316 N. Prospect Rd., Peoria Heights, IL 61616. (309) 685-7721. Email: options@mtco.com

Testimonials of others who have attended previous BG 101 workshops:

- "It was wonderful, exciting. I learned a LOT." Mary Bridget Hunter [2011]
- "My words to describe this workshop were I felt joy, hope and healing." Laura Spinner [2011]
- "I found the workshop informative, helpful, and fun." Clay Roberts [2011]
- "The three words to describe this workshop are: enlightening, inspirign, empowering." Shannon Tingle [2011]
- "The three words to describe this workshop are: enlightening, informative, useful." Cindy Thomas [2011]
- "The workshop was amazing, energizing and a blessing." Karen Fraase [2011]
- "The strength of the workshop was the interactive involvement, so when we leave information is integrated. Very much enjoyed the pace and PACE, easy flowing information questions and answers! This class will definitely help me and those that I love! It was beneficial, energizing, comprehensive." Catherine M. Hendrickson [2011]

For **more information**, look at:

Brain Gym® Foundation web page: www.braingym.org

Options' website: [www.options-center.com/Education Center/Education Handbook](http://www.options-center.com/Education%20Center/Education%20Handbook)

Options' website: [www.options-center.com/Glossary/Education/Brain Gym®](http://www.options-center.com/Glossary/Education/Brain%20Gym%20)

Cost: Registration for individualized workshop [hourly appointments] at Options' current hourly rate.

Requirement: The book, *Brain Gym® Handbook Student Guide* is required for the workshop and needs to be purchased before or at the first appointment.



Registration Form for Brain Gym® 101- Whole Brain Learning

Print Name _____ Street Address _____

City _____ State _____ Zip _____ Home Phone: _____

Work Phone: _____ Cell Phone: _____ Profession: _____

e-mail address: _____ Payment enclosed: _____

____ Check (Make payable to Options Center) ____ Cash ____ Credit Card (Visa, MC, American Express) Credit card #: _____

Expiration date: _____ Signature (for credit cards): _____