

MARCH SESSION



# BRAIN GYM®

MARCH 25, 2023 9:00 AM – 4:00 PM

USF College of Education, TECO Hall (Tampa campus)

Registration Fee: \$155

Register at: [tinyurl.com/anchinbraingym](https://tinyurl.com/anchinbraingym)

## What you get:

Participants will receive a comprehensive Brain Gym manual, including all 26 exercises and their research-based benefits. The manual is available in both print and digital formats. Additionally, participants will receive a Brain Gym certificate of completion upon successful completion of the course. The course also includes access to a private online community where participants can share their experiences and support each other in implementing Brain Gym in their classrooms.

## THE WHY – Rationale & Research

Brain Gym is based on the science of neuroplasticity, which is the brain's ability to reorganize itself by forming new neural connections. This process is essential for learning, memory, and problem-solving. Brain Gym exercises are designed to stimulate the brain and improve cognitive function, leading to enhanced learning and academic achievement. Research has shown that Brain Gym can improve attention, memory, and problem-solving skills, as well as reduce stress and anxiety. These benefits are particularly important for students with learning disabilities and those who struggle with traditional classroom instruction.

## THE HOW – Top 3 Learner Objectives for Participants

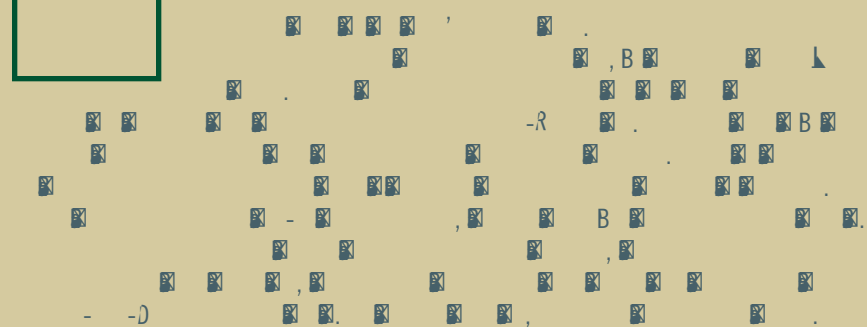
Participants will be able to identify and describe the benefits of Brain Gym exercises. Participants will be able to demonstrate the correct technique for performing Brain Gym exercises. Participants will be able to integrate Brain Gym exercises into their classroom instruction. By the end of the course, participants will have a deep understanding of the science of neuroplasticity and how it applies to learning and memory. They will also have the skills and confidence to implement Brain Gym exercises in their classrooms, leading to improved student learning and academic achievement.

## MEET YOUR FACILITATOR



CINDY GOLDADE

Director of In-Motion Intelligence, Forest Lake, Minnesota



LEARN MORE | Website: <https://breakthroughsinternational.org/programs/the-brain-gym-program> and <https://in-motionintelligence.com>

READ MORE | Scholarly Articles: <https://breakthroughsinternational.org/resources/the-brain-gym-resources>

SEE MORE | Classroom Design and Brain Gym: <https://www.youtube.com/watch?v=A-N8A7VpxuCQ>