

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

What you get:

Participants will receive a comprehensive Brain Gym manual, including a detailed overview of the program's philosophy and research. The manual also contains a complete set of 27 Brain Gym exercises, each with clear instructions and illustrations. Additionally, participants will receive a Brain Gym certificate of completion and a Brain Gym logo for their organization. The manual is available in both print and digital formats.

THE WHY – Rationale & Research

Brain Gym is based on the research of Dr. Paul P. Pridgen, a leading expert in the field of brain-based learning. Dr. Pridgen's research has shown that the brain is a complex, interconnected system that can be trained to perform at its best. Brain Gym exercises are designed to stimulate the brain's neural pathways, improve cognitive function, and enhance learning outcomes. The program is supported by a wealth of research, including studies on the effects of brain-based learning on student achievement, behavior, and social skills.

THE HOW – Top 3 Learner Objectives for Participants

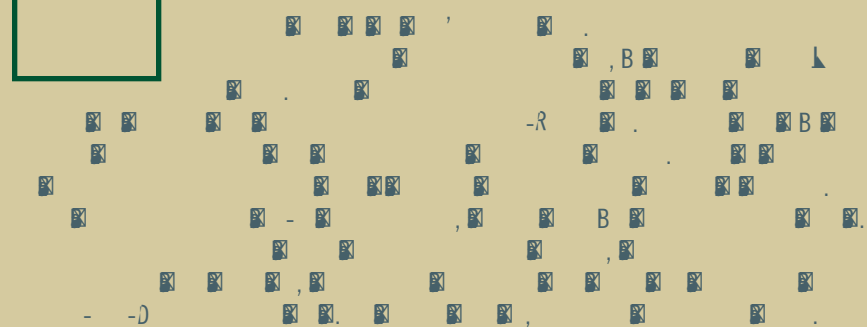
Participants will be able to identify the key components of the Brain Gym program, including the philosophy, research, and exercises. Participants will be able to demonstrate the correct technique for performing the Brain Gym exercises. Participants will be able to apply the Brain Gym exercises in their own classrooms or organizations to improve learning outcomes and enhance student performance.

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>