

## About the Speakers

**Pam Formosa** is a licensed Brain Gym<sup>®</sup> Consultant as well a licensed Occupational Therapist. She has over 28 years of experience working with children and adolescents who struggle with attention, learning and language issues. She has worked in both hospital and school settings and has had the privilege to work collaboratively with neuropsychologists, teachers and speech and language therapists. Pam now co-owns a private practice, Brain Fit Academy, Inc., servicing children with learning differences, and educating adults on movement and its impact on life and learning.

**Christina Schlupf** is a licensed Brain Gym<sup>®</sup> Consultant as well as a MA Licensed Educator, and Emotion Code Consultant. She has an extensive background working with children and families of all needs and all ages from infancy up. Christina's strong desire to guide children and adults to well-being has led to co-owning a private practice, Brain Fit Academy, Inc., educating adults and children on the impact of moving our bodies and moving the energy in our bodies to support living a balanced life.

## Benefits

- Better understand why children may struggle
- Gain tools to reduce anxiety, improve focus and listening skills
- Increase processing speed, accelerate learning curves
- Improve organization, memory, balance and coordination

## About Brain Gym<sup>®</sup>

Brain Gym<sup>®</sup> is a movement-based, learning readiness program developed by Paul Dennison, PhD. It is goal-oriented and involves the use of self-awareness and movement techniques to reduce stress and integrate the nervous system. When the mind-body connections are integrated, the learning process is accelerated and enhanced. Self-esteem and confidence improves as anxiety, behavioral problems, attention and performance deficits are reduced. Through years of clinical use and published research, the Brain Gym program has been shown to release learning blocks, leading to improvements in task focus, organization, memory, coordination and communication.

For adults, the use of Brain Gym<sup>®</sup> is empowering and can easily be used to move forward in achieving our goals and improve the quality of life. With integration, comes ability!



We are all puzzles. Sometimes the pieces fit together easily, other times, not so much. Come learn how to support children with sensory integration, attention, emotional or learning issues solve their own puzzles

\*Brain Gym<sup>®</sup> is a Registered Trademark of the Edu-K Foundation, Ventura, CA

## Brain Fit Academy, Inc.

### Brain Gym<sup>®</sup> 101 Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

E-mail \_\_\_\_\_

Phone \_\_\_\_\_

**Day 1:** Nov 2, 2018    **Day 2-3:** Nov 3-4, 2018

**Day 1:** Feb 1, 2019    **Day 2-3:** Feb 2-3, 2019

8:30 AM – 4:30 PM Daily

#### Choose Registration Fee and Class Date:

\_\_\_\_\_ Day 1 - \$190    \_\_\_\_\_ Nov, 2018

\_\_\_\_\_ Day 2-3 - \$350

\_\_\_\_\_ All 3 days \$490    \_\_\_\_\_ Feb, 2019

#### Register by mail with a check:

P.O. Box 364,  
Hopedale, MA 01747

#### Register online with credit card:

[www.BrainFitAcademy.com](http://www.BrainFitAcademy.com)  
[Adult Classes]

## Course Objectives

- ✓ Begin to understand the relationship between movement patterns, primitive reflexes, behaviors and brain function.
- ✓ Learn to help children set goals for themselves.
- ✓ Explore self-awareness tools used to empower children and adults to play “detective” in order to speed up learning and positive changes.
- ✓ Learn Brain Gym® movements that help organize the nervous system for success.
- ✓ Experience a deeper mind/body integration in relation to your personal goals and understand how you can use Brain Gym® practically at home, school and work.
- ✓ Learn the Dennison Laterality Repatterning.
- ✓ Explore and understand the three Dimensions of Intelligence.

## Additional Information

- Course manual, numerous resources, coffee, tea, and light snacks provided
- Graduate Credit Available  
\*Additional fees apply

### Class Information

833-BFA-4YOU  
BFA@BrainFitAcademy.com  
www.BrainFitAcademy.com

### Class Schedule

Three Day Class  
(or Day 1 Intro Option)  
November 2- 4, 2018  
February 1-3, 2018  
8:30AM - 4:30 PM

### Class Location

Brain Fit Academy, Inc.  
25 Westcott Road  
Hopedale, MA 01747



## Adult Training

# Brain Gym® 101

Solving the Puzzle to Success

Now Offering  
Day 1:  
Introduction  
Option!

November 2-4, 2018  
February 1-3, 2019