



CORE INSIGHT

Brain Gym 101

Certification Training (3 days)

March 21,28 and April 18, 2010

Course limited to 10 participants

Brain Gym is a practical and dynamic personal development program that can benefit people of all ages. Brain Gym consists of 26 exercises and postures that create a readiness of mind and body. It does this by stimulating basic neurological senses (vision, hearing, touch, balance and proprioception) and activating neurological pathways throughout the brain. The integrated brain awakens natural abilities and allows performance with ease. Slowed or inhibited development of the brain and nervous system can create learning blocks. When these blocks are released using Brain Gym exercises, sensory and perceptual functioning is enhanced. Brain Gym benefits include improved concentration, organization, communication, movement, fine motor control and near focus.

Seminar Description

This course uses experiential learning. Participants will use movement, balance and their sensory systems to experience integrated and unintegrated movement and sensation in relation to situations and challenges. Participants will be given the opportunity, through movement, to experience where learning blocks can occur. They will then learn how to remove these blocks so that their learning, health and wellness can be maximized.

This course is appropriate for educators working in a classroom setting, parents working in the home with children (special needs or neuro-typical learners) and therapists who work in a clinical setting with both children and adults.

Learning Objectives

- PACE- a learning readiness warm-up.
- 26 Brain Gym Activities that facilitate mind-body integration
- Paul Dennison's model of the Triune Brain.
- Laterality, Centering, and Focus: important concepts for identifying and releasing learning blocks
- The five step Edu-K balance process related to writing, reading, listening, seeing, and action.
- Dennison Laterality Repatterning to activate both hemispheres of the brain for integrated learning.
- Setting appropriate and achievable goals.
- Hands-ons opportunities to work with newly acquired skills

About the Instructors.

Diane Bouwman OT

Alida Diane Bouwman received a Bachelor of Science in Occupational Therapy from McGill University in 1984. She has 23 years of experience working in pediatrics. From 1984-88 she was employed in Montreal at the Canadian Institute for NeuroIntegrative Development (Giant Steps) a program for children with Autism. From 1988-94 she worked at the Children's Rehabilitation Centre in St. John's, NL with children who have physical disabilities. Since 1994 she has been working on the Learning and Behaviour Team at the Janeway assessing and providing intervention to children with ADHD, written output disabilities, dyslexia, Tourettes, Asperger's, Autism, and NVLD.

She is certified in Neurodevelopmental Treatment and has extensive training and experience in Sensory Integration. She is a certified Brain Gym Practitioner and Instructor. She has attended courses in Healing Touch, Touch for Health, Myofascial Release, Crainiosacral Therapy, Behavioural Barometer, Body Talk and Second Aid. Diane works with the pediatric, psychiatric and senior population. Her experience and creativity help her clients to have a better understanding of their performance barriers and how to move beyond them.

Dr. Jennifer Drover BSc. DC

Jennifer has an undergraduate degree in Biochemistry from Memorial University and her Doctor of Chiropractic designation from the Canadian Memorial Chiropractic College. Jennifer is currently practicing in St. John's Newfoundland. Prior to this she had been in private practice in mid-town Toronto since 2001. Prior to private practice, she spent 3 years as a locum chiropractor across Ontario and in Sydney Australia.

She is co-founder of Core Insight™ and co-inventor of The Integrative Health Care Solution™. Jennifer is a licensed chiropractor, a certified Brain Gym consultant, a licensed holistic nutritionist and a Craniosacral therapist.

Jennifer has found great success in her patient care. She blends her communication skills, teaching ability and effective hands-on body work to bring the best out of her patients.



INTERESTED IN BECOMING A BRAIN GYM INSTRUCTOR?

Brain Gym 101 by itself gives participants the knowledge and skill to use this elegant technology effectively for themselves and others. For those interested in going further, it is the first step in a training process leading to certification by the Educational Kinesiology Foundation as a Brain Gym Instructor and Consultant. See www.braingym.org for more information on certification

SEMINAR LOCATION

The seminar will be held at Core Insight which is located at 40 Aberdeen Avenue, Suite 103, St. John's, NL. Directions will be provided upon registration for the seminar.

SEMINAR FEE AND MATERIALS

\$400 for early registration if paid more than 30 days in advance/ \$450 otherwise. Repeat attendees receive a special of \$225.

Seminar fee includes snacks, handouts, BG101 Manual, BG101 Certificate, limited membership to the Edu-K Foundation (www.braingym.org) and all other materials needed.

GROUP DISCOUNTS

3 or more individuals from the same organization – 25.00 discount/person.

CANCELLATION POLICY

The seminar cost (minus a 35.00 processing fee) will be refunded only if notification is received in writing by Core Insight at least 3 weeks prior to the seminar that will not be attended. The full seminar cost can be applied toward another Core Insight seminar only if notification is received in writing by Core Insight at least two weeks prior to the seminar that will not be attended. Core Insight will retain the entire registration fee if notification does not occur within two weeks of the seminar date. Core Insight reserves the right to cancel any seminar with due cause, such as not meeting minimum registration numbers, illness of the instructor, or inclement weather conditions which prevent the instructor from reaching the seminar site. A full refund will be provided for such cancellations made by Core Insight. Core Insight is not responsible for weather and transportation difficulties or non-refundable travel costs. All seminar fees are non-refundable with the exception of the situations noted above.

SITE HOSTING OR SEMINAR SPONSORSHIP

Host this course and receive free registration. For more information please contact Dr. Jennifer Drover at Core Insight.



CORE INSIGHT

Registration Form
Brain Gym 101 Certification Training
3-Day Seminar

Name: _____

Profession: _____

How did you hear about us? _____

Address: _____

City/Postal Code: _____

Home Phone: _____ Work/Cell Phone: _____

Fax: _____ E-mail: _____

Seminar:

\$ _____ 3-day seminar including manuals/handouts/materials
(\$400.00 30 days prior otherwise \$450.00)

\$ _____ Deduct \$25.00 for group discount (3 or more individuals registering
together)
Names of the individuals in the group must be included on this form

\$ _____ Total Cost

Credit Card information:

Visa/MC _____ Exp _____

Cheques or Money Orders Accepted by Mail.

Please Fax registration to 709-738-0522