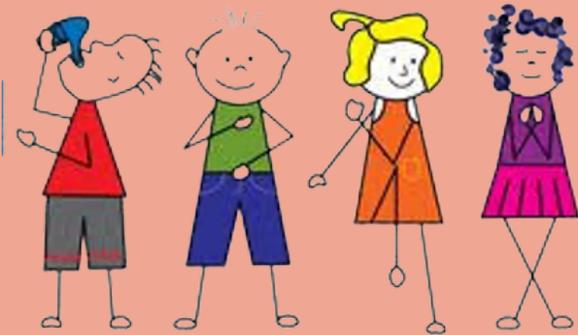


Participants Learn

- The art of noticing
- 5 step balancing techniques
 - Re patterning
- Specific ways to infuse BrainGym® into the classroom



Brain Gym® 101, the entry-level course, is 24 hours in length and is split up into smaller chunks, based on school needs and constraints. Having time in between sessions is ideal as it gives teachers an opportunity to try on what was learned.



LISA ANN DE GARCIA

lives in Lehi, UT and is a Blomberg Rhythmic Movement Training Instructor and Licensed Brain Gym® Instructor/Consultant. Lisa Ann has master's degrees in the Education of Deaf and Hard of Hearing, and Educational Leadership. She has 24 years teaching experience in the US, abroad and at the university level. She has spent most of her career working with children who struggle, mainly mathematics, and one of her three children is on the autism spectrum. In preparation for supporting children who struggle with learning, behavior, and motor skills in a private setting, Lisa Ann has also certified as a Functional Diagnostic Nutrition Practitioner (FDN-P) And a certified A.R.T. Practitioner and also practices LEAP, a form of energetic kinesiology that focuses on brain integration.

BRAIN GYM®

- 3 dimensions of learning
- Getting kids centered and reducing anxiety
- Improving Focus
- Whole Brain Learning and Communication



Movement is the foundation to learning. Paul Dennison, the founder of Brain Gym®, while teaching struggling learners in his learning center, noticed that their eyes were not coordinated, and their body posture was not supportive of learning. He realized they were stuck homolateral and played with ways to work in the midfield and developed Brain Gym® as a result.

Brain Gym® is a movement-based program designed to support learning readiness and reduce stress. It is comprised of 26 activities that mirror the movements children do naturally during the first years of life as they learn to coordinate their eyes, ears, hands and whole body. The goal is to promote efficient communication between the hemispheres and different parts of the brain with the rest of the body. These exercises activate whole brain functioning, especially the area of the frontal lobes.



Many of today's children are so over-stimulated by external input that they are missing the sensory input of their own body wisdom.

Movement development creates the foundation of the integration of the body and sensory information and provides a sense of safety to learn. It also supports the physical side of the learning process and coordinates the developments of the midline and core stability.

Movement development supports focus, organization, and communication, the three dimensions of learning.



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Stress causes our bodies to get out of balance. When an individual is stressed, they have limited access to one hemisphere. In severe stress, we can be shut off from the cortex and be reacting from the brainstem, our survival center. Stress causes increased levels of cortisol to be released in the body, which in turn creates a cascade effect of physiological problems. Many children, especially on the ASD spectrum, live in a perpetual state of stress.

Through Brain Gym®, we can help reduce the effects that stress has on the body so that children have an increased access to the cortex and both hemispheres while learning.

