

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: An introduction to the field of Educational Kinesiology, a tasty box lunch, and a fun paced day with like-minded people.

Brain Gym® is in the field of educational kinesiology — the study of movement and its relationship to learning. It is based on a series of 26 seemingly simple movements performed in a very specific, intentional way. The movements are safe and effective for people of all ages, and thousands of practitioners all over the world have used them to bring about rapid and dramatic improvements in reading, writing, organization, communication, focus, attention, and self-regulation. Brain Gym® is used in over 80 countries and has been translated into more than 50 languages.

THE WHY – Rationale & Research

- Physical development lays the foundation for intellectual development.
- Developmental movement patterns are universal. The dynamic nature of the brain allows those patterns to be revisited with intentional movements.
- New neural pathways grow when we move with intention.⁷

THE HOW – Top 3 Learner Objectives for Participants

- Learn Brain Gym® movements to support the physical skills of learning as they relate to seeing, listening, fine and large motor, crossing the midline, organization, emotional processing, focus, etc.
- Interpret the effects of specific movements on posture, musculature, sensory and emotional processing, and more.
- Determine one's sensory intake preferences, "Learning Profile;" and explore the potential gifts and challenges evident in each possible profile.

MEET YOUR FACILITATOR



CINDY GOLDADE

Director of In-Motion Intelligence, Forest Lake, Minnesota

Cindy Goldade has a Master's in Education. She homeschooled her three children while learning Touch for Health, Brain Gym® and reflex modalities. She teaches in the Montessori graduate and early childhood undergraduate programs at the University of Wisconsin-River Falls. As International Brain Gym® Faculty she enjoys facilitating courses to a worldwide audience. She has a gift for weaving storytelling with theory and balancing it all with intentional physical activities. Cindy actively volunteers at 4-H and her church, as well as for Breakthroughs International. She helped shift to online learning at the onset of the pandemic, assisted in the writing of the Movement Facilitator track, and for the past three years has collaborated on updating the Edu-K In-Depth course manual. Wearing many hats, lifelong learner is her favorite.

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-N8A7VpxuGQ>