

Keeping Your Brain Young

To keep the brain active, one needs to keep learning new things, keep experiencing new things, keep hydrated and keep moving. There are many small changes one can make in their daily life to keep the brain young.

Things to Learn:

- take a new course (www.realizingyourpotential.ca)
- learn a new dance routine
- learn a new language
- learn to play a new instrument
- learn to play bridge, do crosswords, do scrabble, do sudoku

Daily Activities to Include:

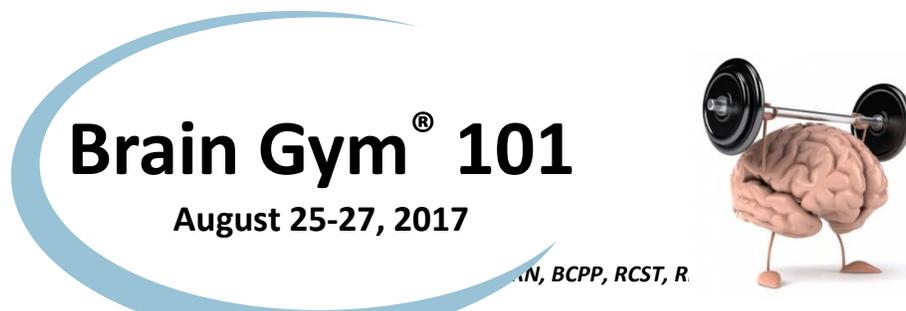
- drinking pure water (8-10 glasses per day on top of other liquids)
- eat healthy fresh foods
- add extra daily movement time – to lengthen, twist, reach, walk

Brain Gym 101® Course

This course is from the field of Educational Kinesiology (Edu-K) and is the perfect answer to keeping the brain young. It is also perfect to assist anyone who wants to improve their learning skills, thinking skills, focusing skills and more. This material is a breeze to learn, fun, refreshing and energizing. It is ideal for all ages. Anyone who wants to improve their brain function and learn to operate with an integrated brain even under stress.

When I started in this work, I thought it best to start with my own family. I had a son with learning differences and so I start to include some of the Brain Gym activities for a few minutes on a daily basis. Within two weeks the school called to see what I was doing. They had noticed he was able to focus more, to learn new material easier, to be more accurate with tests, and his reading had improved.

For more information on Brain Gym please contact info@realizingyourpotential.ca Also the flyer for the next course this August 25-27 is below.



This is an experiential weekend. It is fun, informative and might even be life changing.

The Educational Kinesiology process was developed by Dr. Paul Dennison, Ph.D. Through his work with learning disabled children and the positive results that he witnessed and achieved, he came to realize that all learning occurs through movement, and after 20 years of research and private practice, synthesized his



ideas into the Educational Kinesiology process. This process uses simple activities (movements) called **Brain Gym** to enhance whole brain functioning.

The movements are simple, fun, easy and effective. Accomplishing more and discovering the ease and joy of

meeting new challenges is the intention of the Brain Gym® process. Through the use of the simple and highly effective Brain Gym movements, the brain and the entire nervous system are activated for optimal performance.

In her recent book titled “Smart Moves”, Dr. Carla Hannaford, a neurophysiologist, further explains these ideas and “why” a person must move to activate his/her learning potential. She states that: “As we grow, as we move, as we learn, the cells of our nervous systems connect in highly complex patterns of neural pathways. These patterns are organized and reorganized throughout life, allowing us greater ability to receive outside stimuli and perform the myriad jobs of human life.”



Brain Gym, which is the first level of the Educational Kinesiology process, introduces activities that enhance the learning process. It is a self-directed learning process with movements that activate the brain for specific functions.

This process also provides the tools that enables the subject to release accumulated stress and develop strategies for handling the daily stresses of life.

Brain Gym is fun and easy to learn. It consists of four simple steps to get ready and 26 targeted activities that are used to move through a 5 step balance process designed to facilitate integration of whole brain function for whole brain utilization. When under stress people tend to revert to a one hemisphere usage, which is usually their dominant pattern of brain activation.

The highest potential for all people is the ability to draw on and use both sides of their brain as one. Whole brain activity increases learning and can bring improvements in such skills as memory, mathematics, reading, writing, concentration, communication, creativity and athletic performance. Brain Gym also tends to increase overall energy levels.



Brain Gym can be experienced through courses and in private sessions from certified practitioners. The individual sets the intention of what they want to accomplish or a skill or potential that they want to develop, and the Brain Gym activities assist the individual to access the skills and abilities that the intention requires.

Experience Brain Gym, and let your personal participation be the next step in your move forward to attaining and achieving your intentions and life dreams.

**Register
NOW!**

YOUR FACILITATORS



Sher Smith, RN, R.C.S.T., B.C.P.P., RPE, is a Registered Nurse, Registered Cranial Sacral Therapist, Board Certified Polarity Practitioner, Registered Polarity Therapy Educator and Educational Kinesiology Instructor who has been involved in the Holistic health field since 1979.

Her professional training is varied and comprehensive, including studies in Cranial Sacral Therapy with Franklyn Sills and the Upledger Institute; along with certification in Neuro-Linguistic Programming, Educational Kinesiology and Touch for Health.

Sher was the founding President of the Ontario Polarity Therapy Association, is a member of the American Polarity Therapy Association (having served as Past-Vice-President of the Board of Directors), is a member of the Craniosacral Therapy Association of the United Kingdom, and is the Director of the Realizing Your Potential Center of Holistic and Energetic Studies. She is a Canadian International Faculty member for Brain Gym® with the Educational Kinesiology Foundation in Ventura, California.

Sher is available for private consultations and sessions in person or by Skype and to teach globally.

Email: info@realizingyourpotential.ca

Web: www.realizingyourpotential.ca

Blog: <https://energyfunlight.wordpress.com/>

Facebook: <https://www.facebook.com/realizingyourpotentialRichmondHill>

Nolte: - The Registration form is below.

Registration Form
Brain Gym® 101

August 25-27, 2017

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone #: (_____) _____

Email: _____

Signature: _____

Date: _____

*Your tuition fee is only refundable if the training is cancelled.
A confirmation letter will be sent upon receipt of your deposit or full payment.*

PREREQUISITE: None

PLACE: Realizing Your Potential (at the Loyal True Blue Orange Home)
11181 Yonge Street, #210, Richmond Hill, Ontario, L4S 1L2

TIME: 9:00 a.m. - 5:00 p.m.

TUITION: **\$450 or \$395 with \$100 deposit one month prior start of course**
(course is tax deductible with tax receipt for the year given in March of the following year)

Phone: 905-751-1076

Email: info@realizingyourpotential.ca

Website: www.realizingyourpotential.ca