

Brain Gym: The 26 Movements



The Brain Gym program is a movement-based educational model addressing the physical skills of learning. These simple movements have been shown to enhance learning as they increase focus, augment creativity, allow one to become grounded and centered, and improve sensorial processing.

This eight-hour workshop will allow each participant to personally experience “The 26” movements, provide access to practical tips and tools for immediate implementation and exploration of the relationship between intentional moving and learning.

Cindy Goldade is an International Faculty member with a M.Ed. in preschool through grade six. Cindy owned Evergreen Montessori School for ten years teaching 3-6 year-olds before homeschooling her own children. She currently facilitates Brain Gym 101, Optimal Brain Organization, Visioncircles, Practicum, Edu-K In-Depth and introductory courses around the upper Midwest. She also teaches graduate courses at Hamline University and UW-River Falls in addition to one-on-one consultations held at her office in Lino Lakes, MN. Cindy is Program Director for the Educational Kinesiology Foundation.

Thursday, August 21, 2014

**8:00am—4:30pm
(Registration 7:30am)**

**West Salem High School
District Office Entrance
405 E. Hamlin St.
West Salem, WI 54669**

**CEU
Certificates
Available!**

**\$175 per
person**

Register Today!

PRESENTED BY:

CESA #4

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BRAIN GYM®