



Building Better Brains with Brain Gym® Workshop

Speaker: **Liz Jones-Twomey**, Co-Founder of Kids-Move www.Kids-Move.com



Do you have children/students in your care who may have one or more of these developmental issues:



- * Self-regulation issues?
- * ADD/ ADHD?
- * Sensory integration disorders?
- * Lack of Confidence?
- * Motor challenges?
- * Constant feeling of stress, anxiety or feeling overwhelmed?
- * Dyslexia and other vision, reading and writing challenges?
- * Unspecified developmental issues with multiple symptoms that don't fit any diagnosis criteria?
- * Behavior challenges?
- * Language delays?
- * Motor challenges?
- * Autism?

Often the root of these challenges is **Unintegrated Reflexes** and/or an **inability to access all parts of the brain.**

The Brain Gym® movements are designed to facilitate integration of the brain and body in the following three dimensions: Brain Stem, Limbic System and Neo-Cortex.



Experience a lively and informative workshop presented by

Liz Jones-Twomey, an International Brain Gym and Rhythmic Movement Trainer and Consultant and practicing elementary school teacher with the WRDSB in Canada, with over 28 years of experience. She has devoted a great deal of time and effort to expanding her knowledge of "brain-based" movement over the course of her career.

Liz has been a featured speaker on 4 continents and co-creator (with RONNO) of the multiple award-winning cd's, "Catch a Brain Wave Fitness Fun"; "Smart Fitness, Smart Foods"; "Baby Connections Song Time"; and the latest release, "Wiggle Jiggle Fitness Fun." Liz has been honoured with the prestigious

"International Teaching Through Movement Award" for her work with Brain Gym® and "Best Practice" teaching strategies. She was presented with the W.T. Townshend Award of Excellence for her innovative teaching style, and she is also a recipient of the "Speedo National Fitness Instructors' Award."

Explore the use of easy-to-do movements to help the learner make new nerve connections and strengthen desired neural pathways.

Brain Gym teaches us how to move with our challenges so we can all reach our potential.

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1-Day Workshop Breakdown

9:00 – 12:00

Learn in under 5 minutes the 4 easy steps of PACE, which aid in:

- Increasing oxygen amount and flow to the brain
- Increasing and balancing electrical energy to the neocortex
- Increasing neuro-connections

Plus:

- **Movements to stimulate the Brain Stem**
- **Songs and activities**

12:00 – 1:00 Lunch Break

1:00 - 4:30

Movements to stimulate the Limbic System and Neo-Cortex

Songs from Catch a Brain Wave Fitness Fun; Smart Fitness, Smart Foods; and Wiggle Jiggle Fitness Fun