



Brain Gym® 101

Saturday, November 16, 9-5pm
Friday, November 22, 6-9pm
Saturday, November 23, 9-4pm
Sunday, November 24, 9-3pm



Benefits of Brain Gym:

- **Improve your memory and concentration**
- **Increase your reading and math skills**
- **Overcome ADD or ADHD**
- **Improve your co-ordination and athletic abilities**
- **Improve your ability to face other tough challenges**

These are examples of what can be realized through the use of Brain Gym.

Brain Gym has proven effective in helping overcome personal, academic, and business challenges. Learn a process to **reduce stress** and integrate the hemispheres of the brain to enhance and **accelerate the learning process**. With Brain Gym's ability to restore clear thinking, calmness and focus, it restores self esteem, confidence, and allows breakthroughs in **interpersonal relationships**.

Join the Okanagan's most qualified and experienced Brain Gym instructor, **Beverly Hunter, in this 24 hr.. hands-on, experiential course you will enjoy learning practical and useful tools to enhance all areas of life**. Beverly has over 28 years experience with Brain Gym® and Special Needs Children, and as a BrainGym® instructor has been internationally recognized and honoured by the Educational Kinesiology Foundation (EDU-K).

Brain Gym was developed by Dr. Paul E. Dennison, Ph.D., from 25 years of research combining the work of developmental experts, optometrists, sports trainers, and applied kinesiologists, Dr. Dennison and his wife Gail founded the Educational Kinesiology Foundation (now called Brain Gym® International) in 1987. This leading edge work is used in more than 80 countries worldwide, and has been translated into 40 languages.

Course Location:

*1586 Griffiths Place
West Kelowna, BC*

Your Investment: \$435.00

Plus HST = \$487.20.00 (manual included)

Turning on the Light Learning Centre Inc.

offers a complete range of EDU-K courses, and individual sessions with Brain Gym, Touch For Health and MNRI – Masgutova Neurosensory Motor Reflex Integration, BioGenesis

To register or for further information contact:

Turning on the Light Learning Centre Inc.

Phone: (250) 864-6203

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www.turningonthelight.com

Brain Gym 101 is a Certificate Program recognized and sanctioned by the Educational Kinesiology Foundation of Ventura, California. www.braingym.org