The Class

Brain Gym ®

For special education providers

When: Jan. 19-20 & 26-27, 2008

8 a.m. to 4 p.m.

Where: The World of Discovery
Early Learning Center
182 Rockingham Rd.
Londonderry, NH 03053

3 Graduate Credits Salem State College
Contact Candi for more info.

This course will provide an in-depth study of how to use Brain Gym with children and adults who have special needs. Therapists, teachers and parents will learn how to ***assess*** the needs of an individual who may have difficulty communicating, ***develop*** a brain gym program to meet those needs, ***evaluate*** the effectiveness of the program and how to ***modify*** the program when necessary, for maximum results.

The course provides excellent applications for a variety of mental and physical challenges, including: autism, cerebral palsy, attention deficit hyperactive disorder (ADD or ADHD), Angelman's Syndrome, speech impairment, brain injuries, blindness, deafness and impairments caused by strokes.

Students will learn the 26 Brain Gym movements and modifications for use in special cases. Dennison Laterality Repatterning and the 5-step Edu-K balancing process will also be taught.

These easy to do, patterned activities target

certain brain functions to promote optimal learning, communication, movement and creativity.

The typical introductory Brain Gym class is three days long. In this course, a fourth day has been added to ensure that participants have the knowledge needed to modify the Brain Gym program for optimal effectiveness with the special needs population.

Woven into this entry-level Brain Gym course is an opportunity to observe Cecilia K. Freeman working directly with special needs children. This course has been developed by Cecilia for the Educational Kinesiology Foundation and she is the only instructor registered to teach this specialized course.

Cecilia is currently working with the Educational Kinesiology Foundation to develop a curriculum designed to teach other instructors how to teach Brain Gym for the special needs population.

She has studied at length with the founders of Brain Gym, Dr. Paul and Gail Dennison, to deepen her understanding of this simple and effective tool for brain integration. She invites you to share in the understanding and to empower yourself to assist others in their life's journey.

Registration Form

Name_____

Address_____

City/State/Zip_____

Phone (day)_____

(eve)_____

E-mail_____

We would like to know who you are...

☐ Educator, grade taught_____

☐ Parent, child's age_____

☐ Other, please specify_____

Brain Gym Tuition $405
or get a friend
to take the class with you!
Buddy rate is $395
per person.
Includes manual

Monthly budget payments are available.

Make checks payable to:
Candi Cosgrove
14 Wynridge Rd.
Windham, NH 03087
603-434-9115
info@candicosgrove.com

What is Brain Gym?

Brain Gym® is a program of physical activities that enhance learning ability.

The activities are easy and enjoyable, and they bring about rapid and often dramatic improvements in concentration, organization, memory, reading, writing, listening, physical coordination and more.

Brain Gym® develops the brain's neural pathways the way nature does: through movement.

Brain Gym® grew out of research started in 1969 by Paul Dennison, Ph.D., who was looking for ways to help children and adults who had been identified as "learning disabled." His research led him to the study of kinesiology, the science of body movement and its relationship to brain function.

At the time, it was already well established that coordinated physical movement is necessary for brain development. Babies and young children naturally perform what experts in early childhood education call developmental movements. These movements develop the neural connections in the brain, which are essential to learning.

Dr. Dennison discovered ways to adapt and sequence these movements so they could be effective for older children and adults. The result is a system of targeted activities that enhance performance in all areas – intellectual, creative, athletic and interpersonal.

Endorsed by the National Learning Foundation

Brain Gym® has been taught worldwide in thousands of public and private schools. It has been shown to be effective in published studies, and it is being incorporated into a growing number of corporate, institutional and athletic training programs.

Since 1990, Brain Gym® has been selected annually by the National Learning Foundation, the private-sector branch of the White House Task Force on Learning, as

For additional information on this class contact:

Candi Cosgrove
603-434-9115 • info@candicosgrove.com

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Brain Gym

For Special Education Providers

taught by

Cecilia (Freeman) Koester, M. Ed

Author of "I Am The Child: Using Brain Gym® With Children Who Have Special Needs"

Learn the safe, simple and effective movements and activities which invite children and adults who have special needs to connect with their greatest learning potential.

Brain Gym® is a registered trademark of the Educational Kinesiology Foundation