

# Brain Gym<sup>®</sup> 411

March 25, 2023 (online)



*with Sher Smith* RN, IF

This is a required course to teach I 10.  
It is designed to give the support needed to teach I 10.

The Brain Gym 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 Brain Gym process. This process uses simple activities (movements) called **Brain Gym** to enhance whole brain functioning.



This course teaches Licensed Brain Gym Instructors how to teach BG110 Brain Gym 26 Movements Facilitator Training. Open only to Licensed Brain Gym Instructors who, in the last 7 years, have taught BG104 and BG101 twice, a 3rd course of their choice at least once; and attended BG110.

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 nervous systems connect in highly complex patterns of pathways. These patterns are organized and reorganized life, allowing us greater ability to receive outside stimuli and perform the myriad jobs of human life.”



cells of our  
neural  
throughout

This course prepares one to teach the 24 hour Brain Gym® 110 course. . Participants practice teaching concepts, as well as giving and receiving feedback. The course covers administrative details for Movement Facilitators.

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

***Experience the 26 movement course from Brain Gym 104 (taken twice), and Brain Gym 101 (see above)(then contact instructor) before this course and let your personal participation be the next step in your move forward.***

**Register  
NOW!**



**Sher Smith**, RN, IF, is a Registered Nurse, Board Certified Polarity Practitioner, Registered Polarity Therapy Educator and a Brain Gym Faculty 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, Brain Gym® 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), 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 Breakthroughs Foundation in Santa Barbara, California.

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

**Email:** [info@realizingyourpotential.ca](mailto:info@realizingyourpotential.ca)

**Web:** [www.realizingyourpotential.ca](http://www.realizingyourpotential.ca)

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

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

Note: See registration form below.

Registration Form

**Brain Gym® 411**

**March 24, 2023 (online)**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone #: (\_\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

How did you find this course: \_\_\_\_\_

*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: BG 101, BG 110**

**PLACE:** Online

**TIME:** 9:30 a.m. – 4.30 p.m. EST.

**TUITION:** \$300 or \$250 when deposit of \$100 is paid 1 month prior

**Phone:** 905-751-1076

**Email:** info@realizingyourpotential.ca

**Website:** www.realizingyourpotential.ca