

Realizing Your Potential presents

www.realizingyourpotential.ca

Advanced Edu-Kinesthetics

Indepth

The Seven Dimensions of
Learning & Intelligence

with **Sher Smith** RN, B.C.P.P., IF

February 22-25, 2024 - Online

During these 4 days of learning, you will experience personal transformation and explore integrated body learning in a fun way. You'll apply the Edu-K Indepth process to your own life and rediscover the joy, ease and wholeness of learning:

- ❖ Exciting, innovative techniques
- ❖ Clear, enjoyable demonstrations
- ❖ Skills through lots of guided practice time all in a relaxed atmosphere, offering you a unique experience you can apply directly to your personal and professional life.

Seven Dimensions of Intelligence

Increase your understanding of the Laterality, Focus, and Centering dimensions of learning and learn four new dimensions:

- ❖ **Motivation**
- the relationship of motivation and language intention. Hidden agendas for failure.
- ❖ **Rhythm**
- the understanding of cranial movement and its relationship to learning and expression.
- ❖ **Inspiration**
- change breath-holding reflex which inhibits breathing and learning.
- ❖ **Self-Management**
- create the appropriate brain chemistry to enhance the learning in any situation.

Comments from previous Attendees:

- feel more clear in doing balances & how it works
 - a deeper understanding of a Brain Gym balance process, how to apply concepts with my family & students I work with
 - great questions, demonstrations, feedback, practice, insights!
 - She is good at supporting me to own my own learning and I like how she emphasizes on giving the ownership of healing to the client
 - I am very appreciative of Sher's questioning process. It is empowering for me as a future Brain Gym instructor/practitioner
 - very generous with time & resources
 - a professional and knows her material
 - I feel like I have a better understanding of BG, facilitating a balance, using the material in 101 as well as indepth
- I enjoyed learning how to tie the body into the Brain Gym activities, esp. all of the realms
- I enjoyed the instructor the most as she has so much valuable information and broad knowledge base and can add complementary material to that which is already covered
 - Thank you for letting this course be available and for your kindness Sher
 - Thank you Sher, your are an amazing giving individual
 - greater understanding of Brain Gym
 - a more in-depth look into Brain Gym & the lengths & depths we can take this work to
 - this has opened me up to more options to introduce to my clients and to me as a Brain Gym teacher
 - knowledge of Indepth Quick checks & the process review of BG – going in depth on the balances

Edu-Kinesthetics

The word Edu-Kinesthetics means to draw out learning through natural movement experiences. All Educational Kinesiology processes are based on the premise that learning is only meaningful if it is integrated into the functioning self. Learning is integrated only if it is accessible and relevant to the individual both now and in the future. Edu-Kinesthetics is the study and application of specific movements which activate the brain for optimal storage and retrieval of information. It is also a process for re-educating the whole mind/body system for greater ease and efficiency of function.



The best Edu-K instructor is one who has fully experienced his or her own ability to change, learn and access greater potential through Edu-K. The Edu-Kinesthetics instructor guides the learner toward a greater sense of him or herself through new experiences with mind and movement. The Edu-K instructor learns to recognize each person's unique needs and unique ways of actualizing. The instructor learns to honor, support, and trust the wisdom of that individual's way of unfolding, rather than approaching him or her with any preconceived expectations.

**Register
NOW!**

YOUR FACILITATOR



Sher Smith, RN, BCPP, RPE, is a Registered Nurse, Board Certified Polarity Practitioner, Registered Polarity Therapy Educator and Educational Kinesiology 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, Educational Kinesiology 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 International Foundation in Santa Barbara, California.

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

Email: info@realizingyourpotential.ca

Web: www.realizingyourpotential.ca

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

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

Registration Form

Indepth

February 22-25. 2024 - Online

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone #: (_____) _____

Email: _____

Signature: _____

Date: _____

*Your tuition fee is refundable only if the training is cancelled.
A confirmation e-mail will be sent upon receipt of your full payment or deposit .*

PREREQUISITE: Brain Gym 101

PLACE: online

TIME: 9:30 a.m. - 5:30 p.m. EST (online)

TUITION: \$695

EARLY REGISTRATION: \$595 CDN5 with \$100 deposit one month prior to start of course

Phone: 905-751-1076

Email: info@realizingyourpotential.ca

Website: www.realizingyourpotential.ca