



Brain Gym

This workshop will provide participants with simple brain-body activities to stimulate, release and relax the mind-body system promoting whole brain functioning.

Based on the works of Dr. Paul Dennison, educational kinesiology, educators will learn and practice integrative movements that provide the means to literally move through learning blocks.

This workshop will also provide participants with simple assessment tools for discovering student's dominances that affect the learning process. Dominance dimension to be discovered: laterality (left and right hemispheres), focusing (back and frontal lobes) and centering (upper and lower body) along with eye, ear and hand dominance and their effect with cross lateral integration.

Instructor: Vivian Demers Jagoda

Date: Thursday, August 20, 2009

Time: 9:00-3:00 (1/2 break-lunch to be provided)

Location: Middle School Library

Stipend: 5.5 seat time hours