

Introduction to BRAIN GYM® & Reflex Integration

Movement and Play for Transforming Challenges • February 1, 2008

Presented by Sonia Story

Sonia Story teaches a variety of integrative movement programs for reflex integration, whole-brain learning, enhancing effectiveness and stress reduction. She is a Licensed Brain Gym® Instructor, professional member of the Brain Gym International Foundation and developer of the Brain Gym Essentials course. Sonia offers private sessions and teaches Brain Gym and Reflex Integration to parents, teachers, students, doctors, tutors, elderly caregivers, occupational therapists, business people, artists and many others in Washington, Hawaii and California. Brain Gym® is a registered trademark of Brain Gym® International, Ventura California USA. www.braingym.org

This workshop is for Foster Parents, Relative Care Providers, Respite Providers, Adoptive Parents & staff. It will be presented in two parts. Part I, for adults only, meets Friday evening. Part II, for caregivers with their children, meets Saturday morning. Friday evening adult attendance is a prerequisite for Saturday participation.

**When: Friday, Feb. 1, 2008, 5:30pm – 9:30pm &
Saturday, Feb. 2, 2008, 10:00am – noon.
Bremerton First Methodist Church, 1150 Marine Dr. Bremerton, 98312.**

Part I, Friday, February 1, 5:30pm – 9:30pm

- Learn 13 Brain Gym® Activities to improve focus, listening, memory, coordination, thinking ability, calmness, creativity and self-confidence.
- Experience alert & relaxed readiness with PACE—a two-minute brain tune-up.
- Understand the importance of Integrating Childhood Reflexes—the critical foundation of the nervous system.
- Practice Heart Connection for improved brain and emotional functioning.
- Learn how developmental movements can help dissolve emotional and behavior problems.
- Do the 5 step “Stress Buster Balance” for integrating two key reflexes and transforming challenges into strengths.

Part II, Saturday, February 2, 10:00am – noon

- Learn playful, engaging methods for doing Brain Gym and developmental movements with children and adults.
- Practice heart coherence, PACE, play and integrating the childhood reflexes.
- Practice the 5-Step “Stress Buster Balance” for increasing family harmony and effectiveness.

Note: to attend the Saturday Session, Participants must have attended the Friday night session (without children).

To register, please complete the form below, detach & mail to:
Hildegard Stone, Resource Family Training Institute
DSHS-Children’s Administration, 3423 – 6th Street, Bremerton, WA 98312.
Or E-mail: sthi300@dshs.wa.gov or 360-475-3586 or fax: 360-475-3499

Or call Sheri Humphrey at 253-341-0169

REGISTRATION FORM

I will attend the “Introduction to Brain Gm & Reflex Integration” workshop on:

___ Friday, Feb. 1, 2008, 5:30pm, in Bremerton.

___ Saturday, Feb. 2, 2008, 10:00am – noon, in Bremerton. Children participating: _____

Name: _____

Address: _____ City: _____

Zip: _____ Phone: (Area Code): _____

Please check the appropriate box: Foster Parent Staff Relative/Kinship

* For special needs please contact trainer 10 days in advance.