

Brain Gym® 101 Workshop (24 hours)

Taught by Mari Miyoshi, OTR/L

Licensed Brain Gym® Teacher / Consultant

Brain Gym® is a series of simple and enjoyable movements performed in an intentional way, which optimizes functioning of the brain. The 26 movements contained within the Brain Gym® 101 course are safe and effective for people of all ages, and have been utilized by thousands of practitioners in over 80 different countries to bring about rapid and dramatic improvements in many areas of life including:

- organizational skills/memory/concentration/attention
- reading, writing, communication skills
- physical coordination for exercise/dance/sports
- group dynamics/interpersonal relationships and MORE!

Professionals such as regular and special education teachers, reading specialists, business personnel, occupational therapists, physical therapists, physical education teachers, speech therapists, guidance counselors, school principals, parents and anyone who is interested in improving functioning for themselves or others will benefit greatly from this introductory course.

Workshop Details

Dates: June 6, 13, 20, 27, 2021

Hours: 10:00 AM - 5:30 PM(daily)

Location: Virtual

Tuition: Early Bird Registration(May 16, 2021) \$475

Regular Registration \$525 AOTA Restoration: 10% off total tuition

Group Discount: 2 or more people registering together get an additional \$25 off (No withdrawals of the two people)

Review Tuition(those taking BG again for certification) \$275

Full Time Student/Senior Discount \$300 (group discount does not apply to this rate)

This Introductory Workshop Includes:

! PACE – a powerful combination of 4 simple steps which create learning readiness

! Twenty-six Brain Gym movements that facilitate mind-body integration.

! The five step Edu-K balance process

! Dennison Laterality Repatterning

! The 3 dimensions of learning: Laterality, Centering, and Focus

! Hands-on opportunities to learn with fellow participants using the newly acquired skills

! Strategies for implementation with individuals and within the classroom setting

! Applications for personal and professional use

Teaching Methods/ Learning Outcomes

This experiential workshop will include hands on practice, demonstration, and small/large group discussion. By the end of the course participants will demonstrate their knowledge through being able to:

- List and perform the steps of the PACE learning readiness building sensorimotor exercise sequence
- Demonstrate the ability to perform the 26 basic brain gym movements(with references to the course handbook as necessary)
- Begin to be able to identify and assess a client's learning state by using the movements associated with the 3 dimensions of learning(communication, organization, focus).
- Be able to identify the 5 step balance procedure for improving a functional skill
- Demonstrate the ability to facilitate goal setting in a client-centered manner
- Be able to identify and name the three midlines and corresponding movements for the three learning realms: Laterality, Centering and Focus.
- Be able to list 3 strategies of how to begin using brain gym within the classroom/individual therapy setting, or incorporate brain gym into an existing therapeutic practice/personal wellness programs

Educational Level: Introductory

Pre-Requisites: No prior experience or knowledge of brain gym required.

Disclosure Information: Non-Financial - Mari Miyoshi is the Board Chair of the Breakthroughs International Foundation.

Course Description and Schedule

Day 1

10:00-10:30	Introduction and course participant goal setting
10:30-11:00	Group Introductory Process into Noticing and the role of Prefrontal Cortex in Learning
11:00-11:15	Group Practice of PACE
11:15 - 11:30	Noticing and group discussion of changes
11:30-11:45	Instructor Introduction and Brief Class Content Overview
11:45-12:15	Brief History of Brain Gym
12:15 - 12:45	Morning Break
12:45 - 1:00	Teaching of Terminology and experiencing of High and Low Gear Learning States
1:00 - 1:45	Teaching and Practice of the main 26 movements of Brain Gym.
1:45 - 2:45	Lunch Break
2:45 - 3:00	Q+A regarding the movements
3:00 - 3:30	In Depth Review of PACE and suggestions for teaching students/caregivers
3:30 - 4:30	The Brain Gym 5 Step Balance Process and Demo of the Visual/Seeing Balance
4:30-4:45	Afternoon break
4:45 - 5:15	Demo of the Brain Gym Auditory/Listening Balance
5:15 - 5:30	Q + A and Closing

Day 2

10:00 - 10:30	Q+A from previous day small group practice
10:30-11:15	Small Group Practice of Visual/Auditory
11:15-11:30	Noticing and Sharing
11:30-12:00	Partner/Small Group practice of Visual/Auditory Balance Process
12:00 - 12:15	Morning Break
12:15 - 12:45	Balance Group Balance Process for Writing/Fine Motor Skills
12:45 - 1:15	Discussion and Q+A
1:15 - 2:15	Lunch
2:15 - 2:45	Group balance for Increased Access of Midfield(Repatterning) for Enhanced Whole Body Movement
2:45 - 3:30	Small Group Practice & facilitation of Repatterning for Crossing Midline
3:30 - 4:00	Q+A regarding the repatterining process, Teaching Tips and Suggested Uses for the Repatterning Process
4:00 - 4:30	Brief Introduction of the 3 Dimensions of learning related planes of movement.
4:30 - 4:45	Afternoon Break
4:45 - 5:15	In depth practice of 3 dimension quick checks using whole body and isolated upper body movements
5:15 - 5:30	Demo of Laterality Balance for Communication
3:15-3:30	Q+A and closing

Day 3

- 10:00- 10:30 Q+A from previous day small group practice, integration
- 10:30-11:15 Q+A regarding the Laterality Balance
- 11:15 - 11:45 Morning break
- 11:45 - 12:15 Demo of Centering Balance for Organization
- 12:15 - 1:00 Q+A regarding the Centering Balance
- 1:00 - 2:00 Lunch
- 2:00 - 3:00 Partner Practice of both Centering and Laterality Balancing
- 3:00 -3:30 Debrief and Q+A
- 3:30 - 3:45 Afternoon break
- 3:45 - 4:15 Demo of the Focus Dimension Balance for Comprehension
- 4:15 - 4:30 Q+A regarding Focus Dimension Balance and closing

Day 4

- 10:00- 10:30 Q+A from previous day small group practice, integration
- 10:30 - 11:15 Small Group Practice of Focus Dimension balance
- 11:15 - 11:30 Group Discussion how to integrate Brain Gym into current practice as well as how to use it as a tool to make gains towards therapeutic goals.
- 11:30 - 11:45 Morning Break
- 11:45 - 12:30 Demo and instruction on the 3 Dimension Repatterning using Quick Checks
- 12:30 - 1:30 Lunch
- 1:30 - 2:30 Group Repatterning and small group practice
- 2:30 - 3:15 Demo of X Span Balance
- 3:15 - 3:30 Afternoon break
- 3:30 - 4:15 Small Group Practice of X Span Balance
- 4:15 - 4:30 Closing-sharing additional resources, information on further certification processes and passing out certificates

AOTA Approved CE Provider: Mari Miyoshi, OTR/L 301-523-3477

Mari.miyoshi@gmail.com www.marimiyoshi.com

About Your Instructor: Mari Miyoshi began her practice as an occupational therapist in 2001, working in the Maryland school system and sensory integration clinics. When she learned about Brain Gym, she began to use it extensively with all of her clients and found that it was extremely effective in integrating the underlying physical causes of learning challenges. In widening its use, she also found that it was instrumental in bringing about rapid changes in other areas of “stuck-ness” in life for learners of all ages. Mari currently has a private practice in New York City. She also lectures and teaches brain gym in schools, companies, and organizations who are looking to improve productivity and performance. She brings her knowledge of neurology and sensory integration gained through her career to her Brain Gym workshops. She is passionate about

utilizing and sharing Brain Gym with participants so that they can bring more grace and ease into daily living, thereby enhancing the enjoyment of life and learning.

AOTA CEU's: AOTA CEU's: 24 Contact Hours / 2.4 CEU's are awarded to participants who demonstrate satisfactory completion of the course including attendance of the full time of the course(missed time will be deducted from overall contact hours/CEU's awarded) and participation in the movement experiences and group discussion.

To receive continuing education credits, participants must be present for the entire session on all the days of the workshop and also complete and return the Program Evaluation form.

*"The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA or indicate AOTA approval of a certification or other professional recognition.

AOTA Classification Codes: Domain of OT, Occupational Therapy Process



Special Needs Requests: If there are specific special needs/instruction and accommodations needed, please contact Mari Miyoshi at 301-523-3477 or mari.miyoshi@gmail.com for further assistance.

Cancellation Policy:

Cancellation by the Provider: Mari Miyoshi, OTR/L and Brain Gym Instructor, reserves the right to cancel workshops in the event of low attendance, to include but not limited to inclement weather, illnesses of instructor, or family emergency. In the event that the provider cancels the class for any reason, registrants will be notified immediately, and they will have the option of having a full refund or applying the funds to a future workshop. Instructor holds no responsibility over registrants' costs associated with attending the seminar, such as hotel and travel expenses. **Cancellation by the Learner:** Cancellation by the learner, 30 days prior to the first day of class will receive a full refund minus the \$50 non-refundable deposit which can be applied towards a future course. If the learner cancels within 15 days prior to class they will be refunded half of the full course tuition or half of whatever total amount was paid minus the \$50 non refundable deposit which will be applied towards a future workshop. Course cancellation the on the day of the course will not receive a refund, however the learner has the \$50 deposit to apply to the same workshop offered in the future. All refunds are processed after the learner presents a written request by either via email or postal mail.

Registration Form
Brain Gym 101 June 2021

Name: _____

Profession: _____

Address: _____

E-mail: _____

Phone: _____ Cell: _____

How did you hear about this class?

If word of mouth, who referred you? _____

Would you like to hear about other future workshops? YES NO

Please make checks payable to Mari Miyoshi and send to:

975 2nd Avenue #2A New York, NY 10022

Check payment options that apply:

\$50 Deposit Required to Reserve Space

\$475 Tuition Paid In Full (Early Bird Registration before May 16, 2021)

\$525 Tuition Paid in Full (Regular Registration) \$275 Review Student

Group Discount: Registering with: 1. _____ 2. _____

10% off current AOTA member (membership # _____)

Date Payment Postmarked: _____

Total Payment: _____ Check #: _____ (NOTE: \$35 fee applies for returned checks)

What past participants are saying:

"Brain Gym is a must-do for anyone that feels like they want clarity and control over their thoughts. My thought process is now much more positive, motivated and efficient. This experience has truly changed my perspective on how I live my life. Thank you Mari!" -Melanie L.

"Mari is a talented, innovative and insightful teacher and practitioner. She cares deeply about what she does, and truly walks her own talk with integrity. I highly recommend her work!" Marjie C., Massage Therapist and Educational Kinesiologist

"As a NYC high school English teacher, I am interested in how to help my students learn and grow their minds and become well-balanced human beings. After Mari's insight and her ability to see what I needed, I was able to start writing and continue with my dream of getting my doctorate. Mari has an ability to "see" where each individual in her class is and what support is called for...she really hears who her students are and the goals they aspire to, then she creatively helps each one move forward. I feel that Mari has helped me unlock something essential within me and the journey of life has become more joyful and I am more able as I walk along." Pamela K., 60. teacher