

Mari Miyoshi, OTR/L

Licensed Brain Gym® Teacher / Consultant

Brain Gym® 104 Deep Dive into the Foundational 26 Movements Introductory Workshop

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 dramatic improvements in many areas of life.

-Organizational Skills

-Memory

-Concentration

-Attention

-reading, writing, communication skills

-Group Dynamics

-physical coordination for exercise/dance/sport

-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: May 22, 23, 2021

Hours: 9:30 AM - 6:30 PM

Location: Virtual / Online

Tuition: Early Registration(Before May 14, 2021) \$325 Regular Registration \$375

Current AOTA members receive 10% off tuition

Review/ Current Brain Gym teacher/Full time Student/Senior Citizen Discount: \$275

This Introductory Workshop Includes:

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| <ul style="list-style-type: none">• PACE – a powerful combination of 4 simple steps which create learning readiness• Twenty-six Brain Gym movements that facilitate mind-body integration.• Hands-on opportunities to use the newly acquired skills• Applications for personal and professional use | <ul style="list-style-type: none">• Strategies for implementation with individuals and within the classroom setting• Background, History and Basic Theory of the Brain Gym Modality• FUN! |
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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

-Identify the 26 basic brain gym movements

-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).

Educational Level: Introductory

Pre-Requisites: No prior experience or knowledge of brain gym required to participate in this class!

Course Description and Schedule

Day 1

9:15 AM - 9:30 AM -	Completion of Registration
9:30 AM - 10:00 AM -	Introduction of Instructor and Course Overview
10:00 AM - 10:30 AM -	Participant Introductions and Statement of Personal/ Professional Learning Goal
10:30AM-11:15 AM -	History and Basic Brain Gym Theory including introduction to

	the Triune Brain Theory and explanation of Brain Gym terminology
11:15 AM - 11:30AM	Morning Break
11:30 AM 12:00PM	Group Practice of PACE Learning Readiness Exercises
12:00PM - 12:30PM	Group Discussion and the physiological foundation for PACE
12:30PM - 12:45PM	Group Experience of 3 Dimensions of Learning
12:45 PM 1:45PM	Group Discussion and Practice of Applications of Brain Gym Movements to Decrease Stress
1:45 PM - 2:45 PM	Lunch
2:45 PM - 3:45 PM	Group practice of the Lengthening Activities
3:45PM - 4:00 PM	Group Discussion and Noticing of the Effects of the Movements
4:00PM - 4:15PM	Afternoon Break
4:15 PM - 5:15 PM	Group practice of Energy Exercises
5:15PM - 5:45PM	Group Discussion and Noticing of the Effects of the Movements
5:45PM - 6:15PM	Q+A
6:15PM - 6:30PM	Closing

Day 2

9:30AM - 10:00AM	Group Discussion and Q+A from the concepts and movements covered in previous day
10:00AM - 11:00AM	Discussion of Optimal Learning States and Integrated and Non-Integrated Learning States
11:00AM - 11:15AM	Morning Break
11:15AM - 12:15PM	Group Practice of Midline Movements
12:15PM - 12:30PM	Group Discussion and Noticing of the Effects of the Movements

12:30PM - 1:30PM	Lunch
1:30PM - 2:30PM	Small Group Discussion on how to integrate Brain Gym into existing therapy practice.
2:30PM - 2:45 PM	Afternoon Break
2:45PM - 3:45PM	Group Discussion and Practice of Applications of Brain Gym Movements to Decrease Stress
3:45PM - 5:00PM	Group Discussion of the movements and their impact on movement abilities, posture and focus.
5:00PM - 5:45PM	Final Review of Movements and Q+A regarding integration of Brain Gym movements into existing practice.
5:45 PM - 6:15PM	Final Q+A
6:15PM - 6:30PM	Closing

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 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 using these techniques. She also lectures and teaches brain gym in schools, companies, and organizations who are looking to improve productivity and integrated 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. Mari has been featured in several TV segments on CBS, NBC, and NY1 regarding Brain Gym.

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

AOTA CEU's: 15 Contact Hours / 1.5 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.

*"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



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

Mari Miyoshi, OTR/L

Licensed Brain Gym Instructor/Consultant

Brain Gym 104 Introductory Workshop May 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

\$325 Tuition Paid In Full (Early Registration-prior to May 14, 2021)

\$375 Tuition Paid in Full (Regular Registration)

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