

Brain Gym® 104

October 3-4, 2026 (Online)



with Sher Smith RN,BCPP, IF

This is an experiential course,
It is fun, informative and might even be life changing.

The Brain Gym process was developed by Dr. Paul Dennison, Ph.D. Through his work with learning disabled children and the positive results that he witnessed and achieved, he came to realize that all learning occurs through movement, and after 20 years of research and private practice, synthesized his ideas into the Brain Gym process. This process uses simple activities (movements) called **Brain Gym** to enhance whole brain functioning.



The movements in this course are simple, fun, easy and effective. Noticing the changes in the body after each of the 26 movements can be part of a learning loop or as an “out of the loop” stress response. There are many effects after each of ‘The 26’ Brain Gym movements. Learn how these movements can support one’s and other’s development of physical skills.

In her recent book titled “Smart Moves”, Dr. Carla Hannaford, a neurophysiologist, further explains these ideas and “why” a person must move to activate his/her learning potential. She states that: “As we grow, as we move, as we learn, the cells of our nervous systems connect in highly complex patterns of neural pathways. These patterns are organized and reorganized throughout life, allowing us greater ability to receive outside stimuli and perform the myriad jobs of human life.”



This is one of the first levels of the Brain Gym series. It introduces activities that enhance the learning process. It is a self-directed learning process with movements that activate the brain for specific functions.

This process also provides the tools that enables the subject to release accumulated stress and develop strategies for handling the daily stresses of life.

Experience the 26 movement course from Brain Gym, and let your personal participation be the next step in your move forward.

**Register
NOW!**

Comments from previous Attendees:

It was great to go over all of the movements. It was nice to be reminded of the little tips and tricks of completing each movement.

I didn't know what it would be like online, but it was a great experience.

it was presented in a clear manner.

I am ready to teach this course online.

Wonderful, as always to experience Sher's expertise and wealth of knowledge. Thank you for continuing to share!

Interactive activities , learnings and experiences shared by others

reaffirmed past learnings,

great information from every one

- Always great to just go over the basics of Brain Gym. I believe that understanding the fundamentals is KEY.

- Was great meeting others who I haven't met before, and hearing where they use this work in their lives.

a great course for introduction to brain gym

Will use this with existing clients, and just basic movements with people. I will also use it on myself as it reminded me of how beneficial they are to the tightness in my lower back.

Thank you for your forever patience and your willingness to make sure everyone understands all the material in detail

The discussions were awesome

Tricky to do this online. Well done.

Learned practical skills and exercises that I am able to pass along to fellow exercise instructors, clients, family members and myself – being more mindful of the ways that I move and exercise.



Note: See registration form below.

Sher Smith, RN, IF is a Registered Nurse, Registered Cranial Sacral Therapist, Board Certified Polarity Practitioner, Registered Polarity Therapy Educator and a Brain Gym Faculty 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, Brain Gym® 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), is a member of the Craniosacral Therapy Association of the United Kingdom 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 Foundation in Santa Barbara, California.

Sher is available for private consultations and sessions in person or by Zoom 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

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Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone #: (_____) _____

Email: _____

Signature: _____

Date: _____

How did you find this course: _____

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

PREREQUISITE: None

PLACE: **Online** (based in Wasaga Beach, ON, Canada)

TIME: 9:30 a.m. – 5.00 p.m. EST.

TUITION: \$325 or \$275 when deposit of \$100 is paid 1 month prior

Phone: 905-751-1076

Email: info@realizingyourpotential.ca

Website: www.realizingyourpotential.ca