

Brain Gym® 101

September 11 – September 13, 2026 (online)



with Sher Smith RN, BCPP, RPE

This is an experiential weekend.
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 are simple, fun, easy and effective. Accomplishing more and discovering the ease and joy of meeting new challenges is the intention of the Brain Gym® process. Through the use of the simple and highly effective Brain Gym movements, the brain and the entire nervous system are activated for optimal performance.

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.”



Brain Gym is the first level 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.

Brain Gym is fun and easy to learn. It consists of four simple steps to get ready and 26 targeted activities are used to move through a 5-step balance process designed to facilitate integration of whole brain function for whole brain utilization. When under stress people tend to revert to a one hemisphere usage, which is usually their dominant pattern of brain activation.

The highest potential for all people is the ability to draw on and use both sides of their brain as one. Whole brain activity increases learning and can bring improvements in such skills as memory, mathematics, reading, writing, concentration, communication, creativity and athletic performance. Brain Gym also tends to increase overall energy levels.



Brain Gym can be experienced through courses and in private sessions from certified practitioners. The individual sets the intention of what they want to accomplish or a skill or potential that they want to develop, and the Brain Gym activities assist the individual to access the skills and abilities that the intention requires.

Experience Brain Gym, and let your personal participation be the next step in your move forward to attaining and achieving your intentions and life dreams.

**Register
NOW!**

Comments from previous Attendees:

- for support in personal life and also to use as another method/tool of knowledge and skills to use with clients I see
- I really enjoyed the enthusiasm and knowledge that was shared
- I have learned a lot over the years; this has showed how to link the previous knowledge with the new
- I am looking forward to use Brain Gym not only for myself and plan tell my family about it
- I liked the relaxed style of teaching – the humour as well as the personal stories to illustrate the details of the course
- enjoyed this method – relaxed and open for questions which leads to more learning
- love being in the environment and energy of RYP (Realizing Your Potential); achieved more clarity with Brain Gym
- I appreciated the clarity and integration of the Brain Gym movements and activities
- this was my first exposure to Brain Gym 101; I feel I have an understanding of how to use Brain Gym that will grow with practice
- I thoroughly enjoyed being with like-minded people
- the pace, sharing openly were so conducive to learning
- I enjoyed the movement with awareness and understanding what that movement can tell me about myself
- I intend to apply the Brain Gym information to myself, my students, my mother, my children, and to use it in my practice with clients
- all good, facilitator could easily & effortlessly answer questions as they came up
- Sher's willingness to share openly everything that she has to offer
- thank you for such an introduction into Brain Gym and its profound impact
- these three days flew by and I am amazed at how much I learned in that time and it was clearly taught making assimilation of the material effortless

YOUR FACILITATOR



Sher Smith, RN, B.C.P.P., RPE, is a Registered Nurse, Board Certified Polarity Practitioner, Registered Polarity Therapy Educator and Brain Gym 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), was 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 (IF) member for Brain Gym® with the Breakthroughs International 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>

Note: See registration form below.

Registration Form

Brain Gym® 101

September 11 – September 13, 2026 (online)

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone #: (_____) _____

Email: _____

Signature: _____ Date: _____

*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

TIME: 9:30 a.m. – 5.00p.m. EST

TUITION: \$495 CDN (\$395 with deposit of \$100 one month prior to class)

Phone: 905-751-1076

Email: info@realizingyourpotential.ca

Website: www.realizingyourpotential.ca